



STRONGER U
NUTRITION

THE STRONGER U

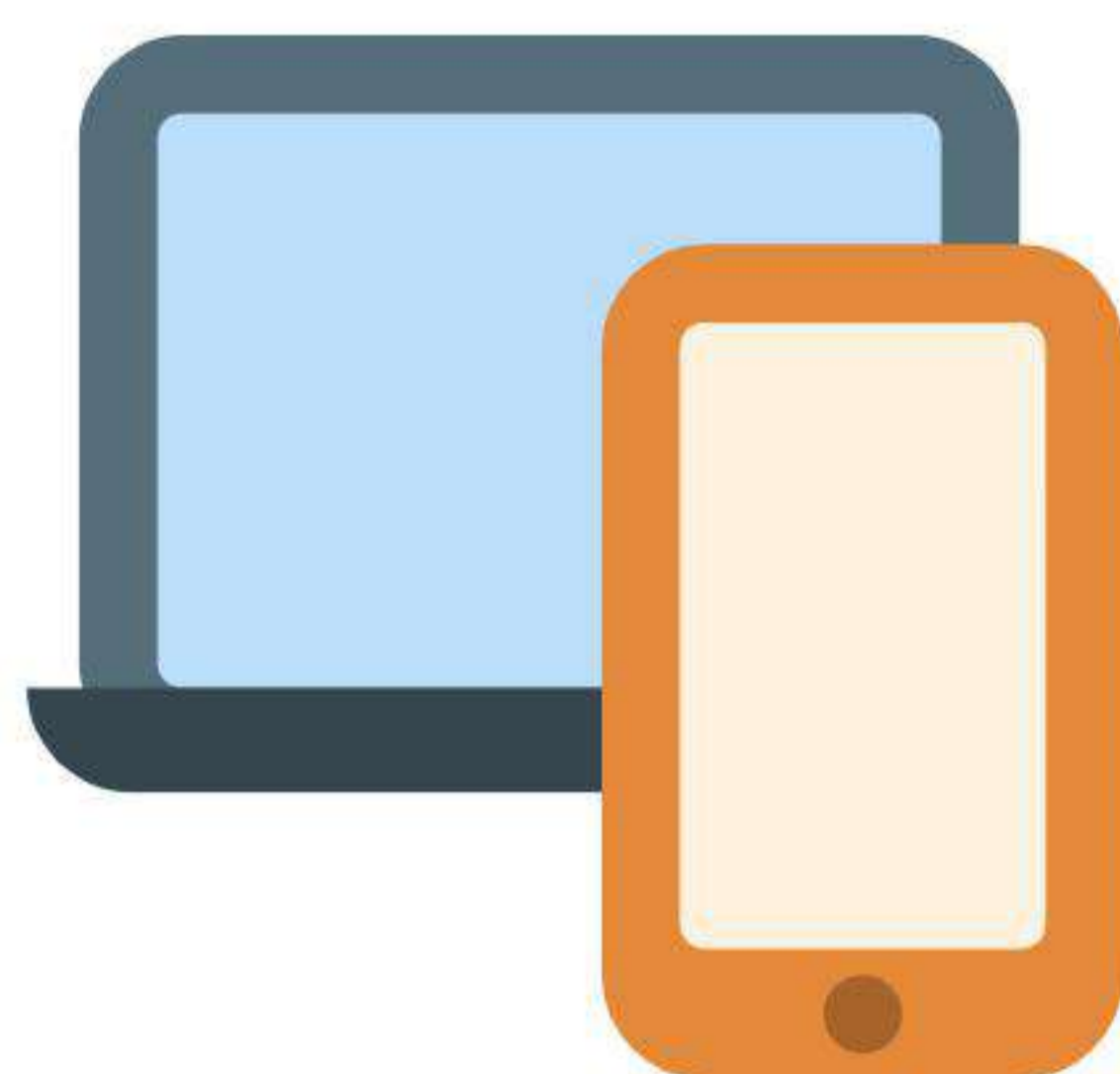
FALL 2018 RECIPE BOOK

SOUPS, MUFFINS, DONUTS, CAKES, & MORE

"Burn a pumpkin spice candle and stop blowing your macros on the weekend."

- Mike Doehla, CEO

KEEP UP WITH ALL THINGS STRONGER U



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PUMPKIN PIE PROATS

141 CALS | 11P | 29C | 4F

- 1/4 C (20g) Quick Oats
- 1/4 C (60 mL) Milk
- 1/4 C (60g) Canned Pumpkin
- 1 Tbsp (7g) Graham Cracker Crumbs
- 1/8 tsp Pumpkin Pie Spice
- 1/2 scoop (16g) Vanilla Protein Powder

*Macros with skim milk.

**Optional: top with an additional 1 Tbsp Graham Cracker Crumbs

1. Add all the ingredients except protein powder to a bowl. Stir.
2. Microwave for 75-90 seconds. (Until very little liquid remains.)
3. Add the protein powder to the cooked oats and stir well.

BANANA BREAD PROATS

350 CALS | 38P | 36C | 6F

- 1 large Ripe Banana
- 1/4 C (20g) Quick Oats
- 3/8 C (92g) Liquid Egg Whites
- 2 Tbsp (30mL) Water
- 2 Tbsp (30mL) Walden Farms Pancake Syrup
- 1 Tbsp (7g) Walnut Pieces
- 1 scoop (32g) Vanilla Protein Powder



1. Add the oats, egg whites, water, pancake syrup, walnut pieces, and 1/2 the banana to a bowl.
2. Microwave for 90 seconds.
3. While the oats cook, slice the remaining banana.
4. Add the protein powder to the cooked oats and stir. Top with sliced banana. (Optional: sprinkle additional walnut pieces and drizzle with more syrup)



BANANA BREAD IN A MUG

349 CALS | 33P | 41C | 6F

- 1 medium (100g) Banana
- 1/4 C (26g) Kodiak Buttermilk Power Cakes
- 1 scoop (32g) Vanilla Protein Powder
- 1 Tbsp (7g) Walnuts, crushed
- 2 Tbsp (30mL) Walden Farms Pancake Syrup (or your choice of sticky sweetener)

1. Spray a large mug or ramekin with nonstick cooking spray. Set aside.
2. In a separate bowl, mash the banana before adding the remaining ingredients.

Stir well until you have a smooth batter.

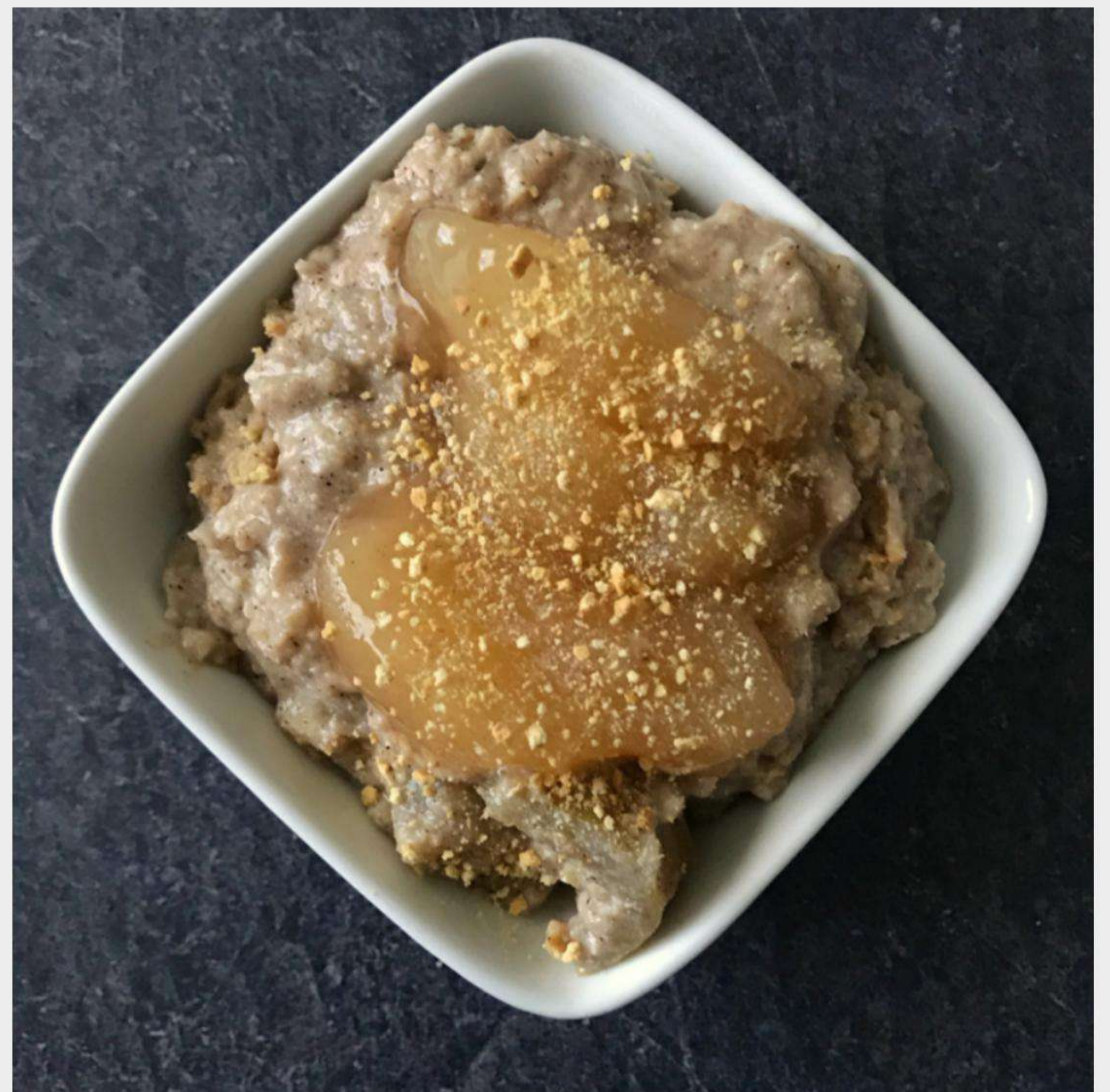
3. Pour the batter into the mug and microwave for 75-90 seconds or until its center is no longer runny. Watch for overflow, and you may have to finish the cook time in 5-second intervals.

4. Optional: Top with additional banana slices, walnuts, and syrup.

APPLE PIE PROTEIN OATMEAL

280 CALS | 19P | 41C | 4F

- 1/4 C (20g) Quick Oats
- 1/2 C (120mL) Water or Unsweetened Almond Milk
- 1/2 C (85g) Sugar Free Apple Pie Filling
- 1/2 Tbsp Stevia or Low Cal Sweetener - 1/2 tsp Pumpkin Pie Spice
- 1/2 scoop (17g) Vanilla Protein Powder
- 1 Tbsp (7g) Graham Cracker Crumbs



1. Mix the oats, water, pie filling, and spices/sweetener together in a bowl.

2. Microwave for 90 seconds.

3. After the oats have cooked, mix the protein powder in and top with graham cracker crumbs.

* I wouldn't recommend using this recipe for overnight oats.



APPLE PIE BAKED OATMEAL CUPS

105 CALS | 7P | 13C | 2F per oatmeal cup (makes 12)

- 1 C (80g) Quick Oats
- 1/2 C (56g) Graham Cracker Crumbs
- 2 scoops (68g) Vanilla Protein Powder
- 20 oz can Sugar Free Apple Pie Filling (in baking aisle)
- 1/2 Tbsp Apple Pie Spice
- 3 large Eggs

1. Preheat oven to 350F and spray a 12-muffin tin with nonstick cooking spray or prepare silicone muffin molds.
2. Mix the dry ingredients in a large bowl before adding the eggs and pie filling. Stir well.

3. Transfer the mixture to the muffin tin. Every slot should be nearly full.
4. Bake for 30-35 minutes or until the bottoms are fully cooked.
5. Transfer the baked oatmeal cups to a cooling rack. These are best served warm with fat free whipped cream, a sugar free glaze (1 Tbsp (15mL) Unsweetened Almond Milk + 1/4 C (36g) Swerve Confectioners), or if you have the fat available, peanut butter.

APPLE PIE PROTEIN DONUTS

188 CALS | 12P | 25C | 6F per donut (makes 6)

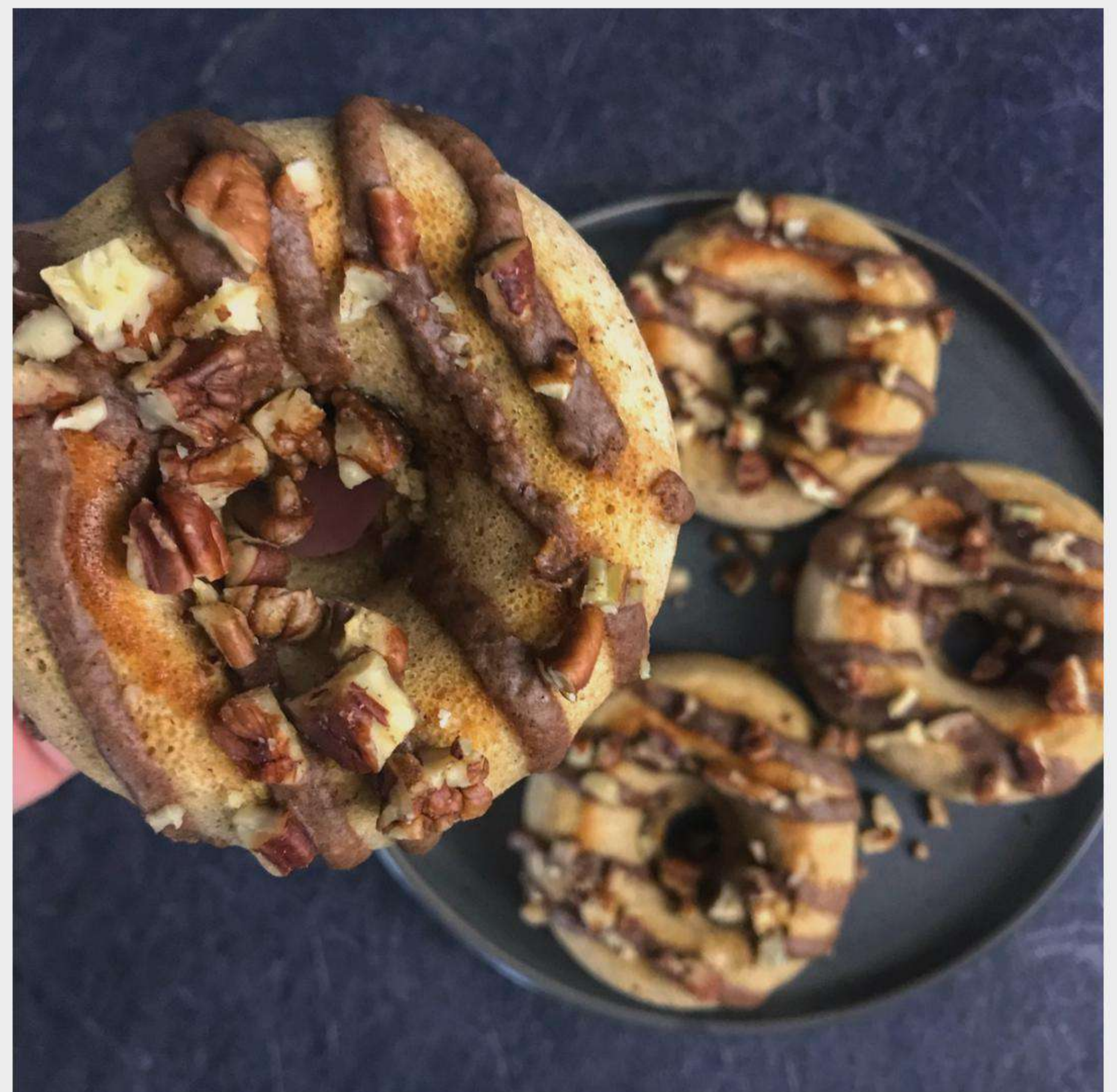
Apple Pie Donuts

- 1/2 C (60g) All Purpose Flour
- 1/2 C (60g) Graham Cracker Crumbs
- 2 scoops (68g) Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Apple Pie Spice
- 1 C (255g) Sugar Free Apple Pie Filling
- 1 large Egg

Apple Pie Donut Glaze

- 3 Tbsp (27g) Swerve Confectioners
- 1 tsp Apple Pie Spice
- 1 Tbsp Unsweetened Almond Milk
- 1 oz Pecan Pieces or finely chopped pecans

1. Preheat oven to 350F and spray a donut pan or silicone donut molds with cooking spray.
2. Add all the apple pie donuts ingredients to a food processor or blender and blend until you have a smooth batter.
3. Transfer the donut batter to the donut pan. The recipe should fill a 6-donut pan almost to the brim. Wipe away any excess.
4. Bake for 14-16 minutes or until the donuts are cooked through.
5. While the donuts are in the oven, mix the Swerve, apple pie spice, and almond milk in a small bowl. Optional: add the mixture to a piping tool or resealable bag with a corner snipped to drizzle the glaze.
6. After the baked donuts have briefly cooled, transfer them to a wire rack or plate to cool. Add the glaze and top with chopped pecans (before the glaze sets). Enjoy!





PUMPKIN SPICE PANCAKE BOWL

191 CALS | 16P | 30C | 5F

- 1/3 scoop (11g) Vanilla Protein Powder
- 1/4 C (26g) Kodiak Cakes Buttermilk Mix
- 1 Tbsp (9g) Swerve Confectioners or any granular sugar substitute
- 1/2 tsp Pumpkin Pie Spice
- 1/4 C (60g) Canned Pumpkin
- 1 Tbsp (15mL) Walden Farms Pancake Syrup or any sugar free pancake syrup
- 1/2 Tbsp (7g) Light Butter
- 1/8 tsp Ground Cinnamon or more pumpkin pie spice

1. Mix the dry ingredients (except the ground cinnamon) in a bowl or large mug.
2. Add the pumpkin, pancake syrup, and light butter. Stir until fully incorporated.
3. Add the butter to the top of the mixture and sprinkle with cinnamon or additional pumpkin pie spice (optional). pumpkin spice protein pancake bowl before cooking
4. Microwave for 1:15-1:30 or until the center of the pancake bowl is cooked through. Eat straight from the mug or bowl, or if you'd like to transfer to a plate, run a knife around the edge and it should slide right out.

PEACH COBBLER MUG CAKE

312 CALS | 19P | 37C | 10F

- 1/4 C (26g) Graham Cracker Crumbs
- 2/3 scoop (21g) Vanilla Protein Powder
- 1/2 C (124g) Sliced Peaches in Juice
- 1 Tbsp (14g) Light Butter I used Land O'Lakes
- 1/4 C (60mL) Walden Farms Pancake Syrup or any sugar free pancake syrup

1. Mix the dry ingredients in a bowl or mug before stirring in the pancake syrup and butter.

(You can microwave the butter for 5 seconds to help with mixability, but the light butter usually mixes just fine.)

2. Once evenly mixed, add the peaches and gently stir. (Some juice from the peaches is fine but try to get primarily peaches in your measurement.)
3. Microwave for 2:30-3:00 or until the center is mostly solid. If you're eating straight from the mug, having some remaining liquid towards the bottom is fine. It's better to slightly undercook than overcook protein mug cakes.





PUMPKIN BANANA PROTEIN BITES

65 CALS | 7P | 8C | 1F per protein bite (makes 12)

- 1 C (80g) Quick Oats
- 2 scoops (64g) Vanilla Protein Powder
- 1-2 Tbsp Stevia to taste
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Baking Powder
- 1 medium (100g) Ripe Banana, mashed
- 1/2 C (120g) Canned Pumpkin
- 1 Tbsp (15g) Unsweetened Apple Sauce
- 3/4 C (170g) Liquid Egg Whites
- 1/4 C (60mL) Sugar-Free Syrup (I used Walden Farms pancake syrup)

1. Preheat oven to 375 degrees F and spray a 12-muffin tin with cooking spray.
2. Mix all ingredients in a large bowl.
3. Add batter to the muffin tin.
4. Bake for 15 minutes. Allow to fully cool before removing from the muffin tin.

3-INGREDIENT PUMPKIN MUG CAKE

188 CALS | 12P | 25C | 6F

- 1 serving (27g) Swerve Vanilla Cake Mix
- 2/3 scoop (21g) Vanilla Protein Powder
- 3/8 C (90g) Canned Pumpkin
- 1 dash Pumpkin Pie Spice optional

1. Mix the cake mix and protein powder in a mug or small bowl before adding the pumpkin and stirring well. The cake batter should be fairly thick. A rubber spatula

works great to spread it evenly in the bottom of the mug. (Optional: Add a dash of pumpkin pie spice on top before microwaving.)

2. Microwave for 75-90 seconds or until the center is solid. (The size of your mug/bowl will influence cook time. It's always better to undercook mug cakes than overcook when they don't contain food safety concerns like eggs.) 3. Top with fat free whipped cream or a scoop of lower calories ice cream.





PUMPKIN SPICE PROTEIN DONUTS

95 CALS | 13P | 9C | 0F per donut (recipe makes 6)

- 1/4 C (30g) All-Purpose Flour
- 1 scoop (32g) Vanilla Protein Powder
- 3/8 C (92g) Liquid Egg Whites
- 1/2 C (120g) Canned Pumpkin
- 1 Tbsp (15g) Unsweetened Apple Sauce (or an extra 1-2 Tbsp canned pumpkin)
- 1 Tbsp Stevia or 0-Cal Sweetener
- 1 tsp Baking Powder 1-2 tsp Pumpkin Pie Spice

Cream Cheese Frosting

- 2 oz Fat-Free Cream Cheese room temp or softened
- 1/4 C (60mL) Fat-Free Evaporated Milk
- 1 scoop (32g) Vanilla Protein Powder

1. Preheat oven to 350 degrees F and spray a 6-donut pan with low-cal cooking spray.
2. Mix all donut ingredients together in a large bowl until smooth. (Depending on the consistency of your protein powder, you may not need the additional applesauce or pumpkin. If your donut batter is too thick, add as needed.)
3. Spoon the donut batter into the donut pan.
4. Bake for 15 minutes.
5. While your donuts are in the oven, make your frosting by mixing the cream cheese, evaporated milk, and protein powder together. If your cream cheese is not room temp, you can microwave it for 10-15 seconds. Allow donuts to cool slightly before removing from the pan. Frost and enjoy!

PUMPKIN SPICE PROTEIN PANCAKES

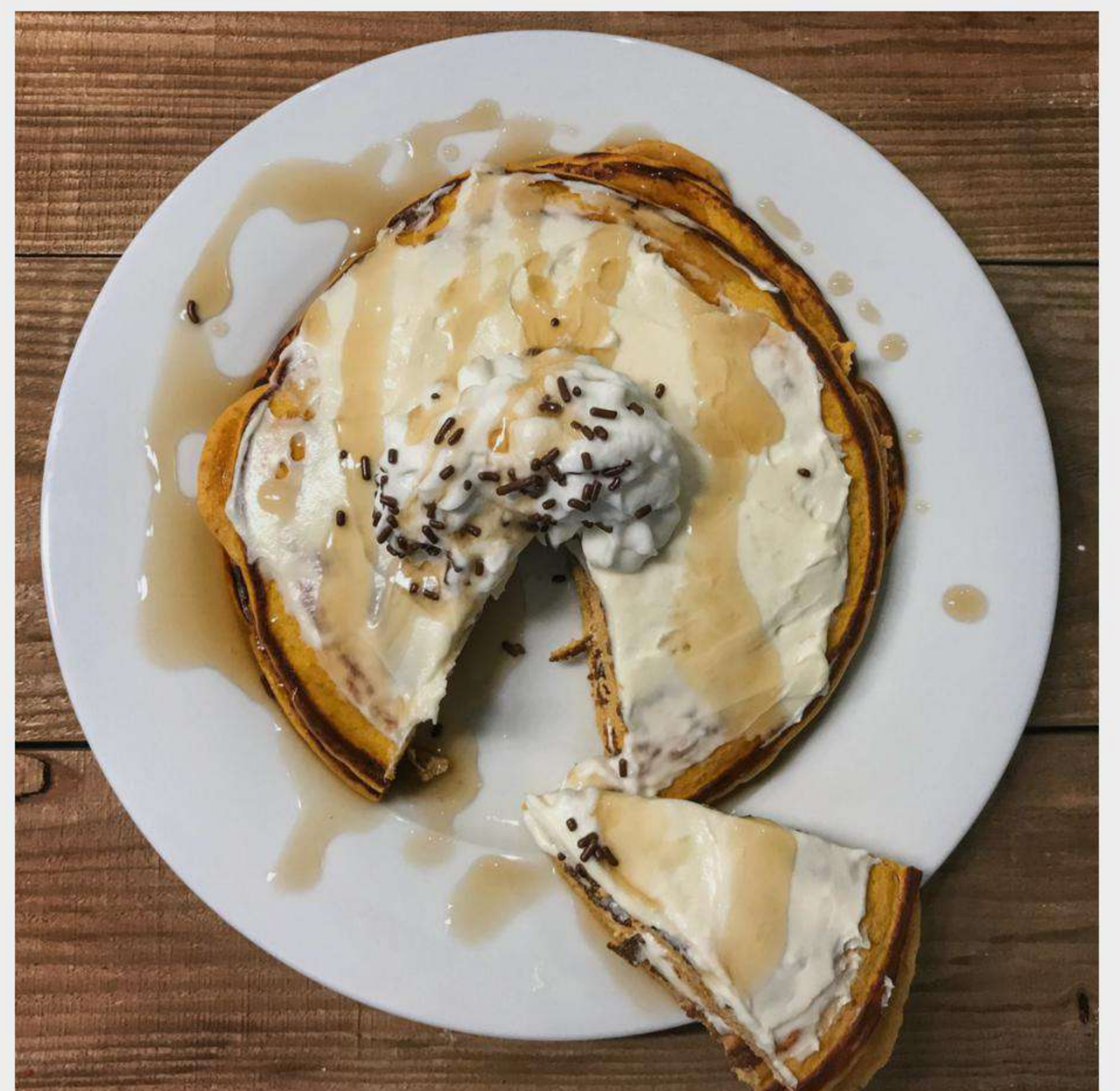
170 CALS | 28P | 11C | 1F per pancake (recipe makes 2)

Pancakes

- 1/2 C (120g) Canned Pumpkin
- 1 scoop (32g) Vanilla Protein Powder
- 1/2 Tbsp Pumpkin Pie Spice
- 3/8 C (92g) Liquid Egg Whites

Frosting

- 2 oz Fat Free Cream Cheese room temp or softened
- 1/2 scoop (16g) Protein Powder
- 1/2 tsp Imitation Vanilla
- 1/2-1 Tbsp Stevia or Low Calorie Sweetener



1. Heat a large skillet or griddle with nonstick cooking spray over medium heat.
2. Mix the canned pumpkin, egg whites, 1 scoop of protein powder, pumpkin pie spice, and sweetener in a large bowl, stirring until you have a smooth batter.
3. Pour your batter into the pan or griddle in two circles. Cook time may vary but 90-120 seconds per side should do the trick.
4. While your pancakes cook, mix the cream cheese, 1/2 scoop of protein powder, and sweetener in a bowl or food processor. Top your finished pancake with the frosting and enjoy!



PUMPKIN BANANA BREAD MUFFINS

141 CALS | 11P | 29C | 4F per muffin

- 1 C (112g) Graham Cracker Crumbs
- 4 scoops (124g) Vanilla Protein Powder
- 15 oz can Pumpkin
- 3 (300g) Overripe Bananas
- 2 large Eggs
- 1 tsp Baking Powder
- 1 tsp Pumpkin Pie Spice
- Optional Candied Walnut Streusel
 - 2 Tbsp (28g) Light Butter
 - 2 Tbsp (24g) Swerve Brown Sugar
 - 2 Tbsp (10g) Quick Oats
 - 1/2 oz (14g) Chopped Walnuts
- Optional Glaze
 - 1/2 Tbsp Water
 - 2 Tbsp (18g) Swerve Confectioners

1. Preheat oven to 350F and spray a 12-muffin tin with nonstick cooking spray or place 12 silicone baking cups on a baking sheet.
2. Add all the protein muffins ingredients to a food processor or blender. (You can also mash the bananas with a fork or masher and mix everything by hand. The food processor is just faster in my opinion.)
3. Use a large spoon to transfer the muffin batter to the muffin tin or molds. Each one should be nearly full.
4. Mix the streusel ingredients in a small bowl until uniform.
5. Spoon the streusel mixture over the top of the protein muffins.
6. Bake for 25-30 minutes or until a toothpick comes out clean.

CARAMEL APPLE MUG CAKE

195 CALS | 18P | 27C | 2F per mug cake

- 2 Tbsp (13g) Graham Cracker Crumbs
- 3/4 scoop (24g) Vanilla Protein Powder
- 1/3 C (85g) Sugar-Free Apple Pie Filling
- 1/4 C (60g) Unsweetened Apple Sauce
- 1 Tbsp (15mL) Walden Farms Caramel Syrup

1. Mix ingredients in a bowl and microwave for 75-90 seconds. (Using your mixing utensil or a knife, you'll probably want to cut the apple slices in the pie filling in half.)
2. Depending on the size of your bowl, you may have to finish the last 15-20 seconds in 5-second intervals to avoid overflow. The center should still be slightly moist but cooked.
3. If your cake sticks to the bowl, you may try mixing the cake in a bowl and transferring the batter to a separate bowl you've sprayed with nonstick cooking spray before going in the microwave. Top with a bit more caramel syrup, low-calorie ice cream, fat-free whipped topping, or other toppings of your choice.





NO BAKE FALL BALLS

110 CALS | 6P | 10C | 5F each

- 3/4 C (90g) Graham Cracker Crumbs
- 2 scoops (68g) Vanilla Protein Powder
- 1 tsp Pumpkin Pie Spice
- 2 tsp Swerve Confectioners or Powdered Sugar (if omitted, reduce pumpkin by 1-2 Tbsp)
- 1 1/2 oz (42g) Chopped Pecans
- 2 Tbsp (28g) Chocolate Chips
- 1/2 C (120g) Canned Pumpkin

1. Mix the dry ingredients together in a large bowl before adding the chocolate chips and pecans. (If you'd like smaller chunks, use mini chocolate chips and pecan pieces.)
2. Add the pumpkin and stir until you can form a dough-like ball.
3. Divide the ball into 10 pieces. (You can weigh each piece for 100% accuracy if you'd like.)
4. Roll each piece between your palms to smooth. (Cooking spray on the hands helps prevent sticking.)
5. Refrigerate for up to 3-4 days.

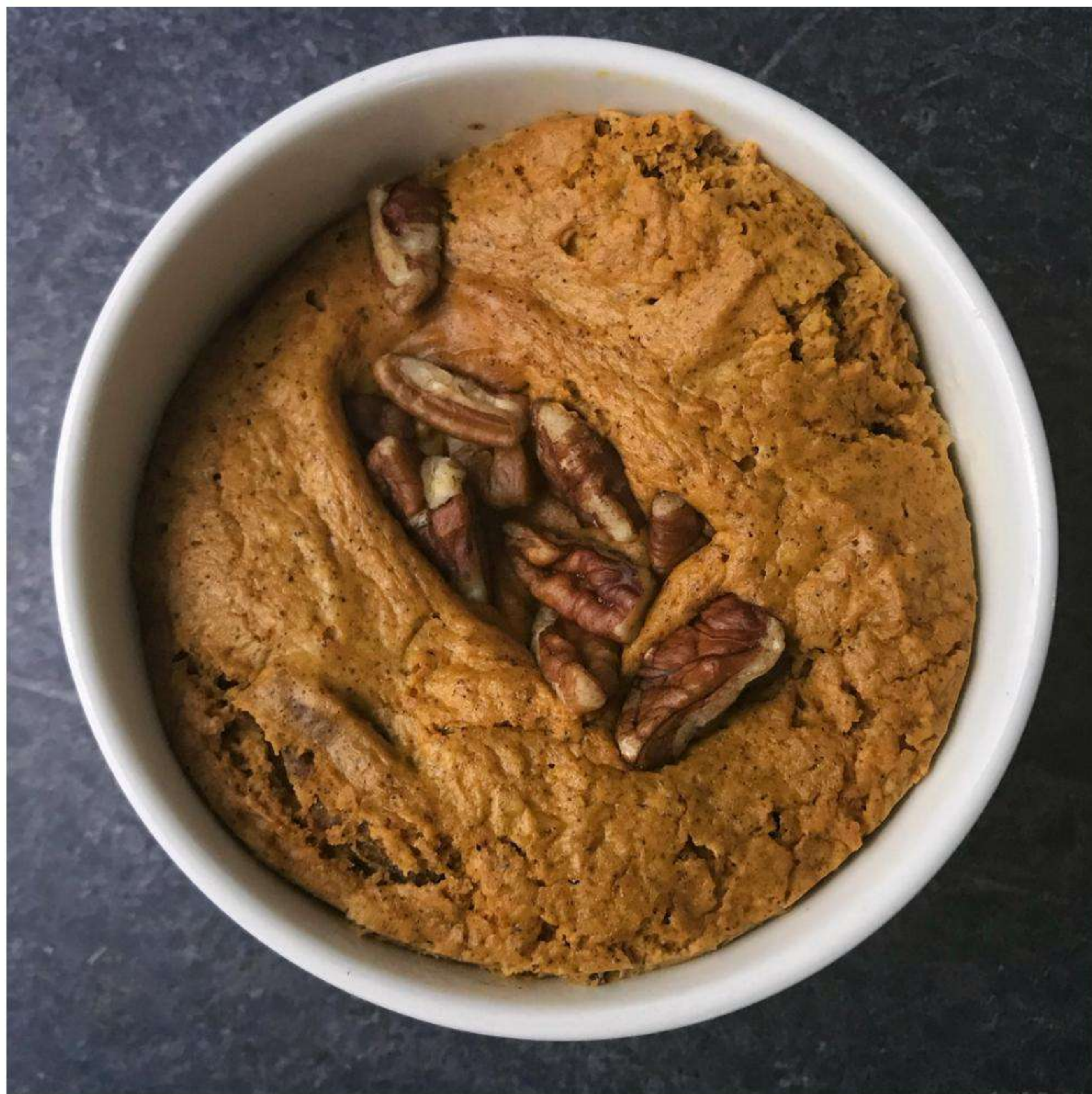
PUMPKIN CHIP PROTEIN MUFFINS

107 CALS | 8P | 13C | 2F each

- 1/2 C (60g) All Purpose Flour
- 2 scoops (68g) Vanilla Protein Powder
- 1 C (80g) Quick Oats
- 2 Tbsp Stevia, to taste
- 1 tsp Baking Powder
- 1 tsp Pumpkin Pie Spice
- 1/4 C (56g) Chocolate Chips
- 1 C (240g) Canned Pumpkin
- 3/4 C (184g) Liquid Egg Whites



1. Preheat the oven to 350F and line a 12-muffin tin with baking cups or nonstick cooking spray.
2. Mix the dry ingredients (except chocolate chips) in a large bowl.
3. Add the pumpkin and egg whites, stirring until smooth.
4. Fold the chocolate chips into the batter.
5. Transfer the batter to the muffin tin, filling each slot 3/4 way full.
6. Bake for 16-18 minutes or until the center of each muffin is cooked through.



PUMPKIN SPICE PROTEIN MUG CAKE

286 CALS | 28P | 22C | 12F

- 1/4 C (60g) Canned Pumpkin
- 1/4 C (60g) Unsweetened Apple Sauce
- 1 scoop (34g) Vanilla Protein Powder
- 1 Tbsp Swerve Confectioners (granular sugar substitute works fine as well)
- 1 tsp Pumpkin Pie Spice
- 2 Tbsp (14g) Chopped Pecans

1. Mix the dry ingredients (except the pecans) together in a large mug or bowl.
2. Add the apple sauce and pumpkin, stirring until smooth.
3. Top with pecans and microwave for 75-90 seconds or until the center is cooked.
4. Top with fat free whipped cream, lower calorie ice cream, chocolate chips, sugar free pancake syrup, or just dig in.

*If you'd like to remove the cake from the bowl/mug, transfer the mixture to a separate mug that's been sprayed with nonstick cooking spray before microwaving.

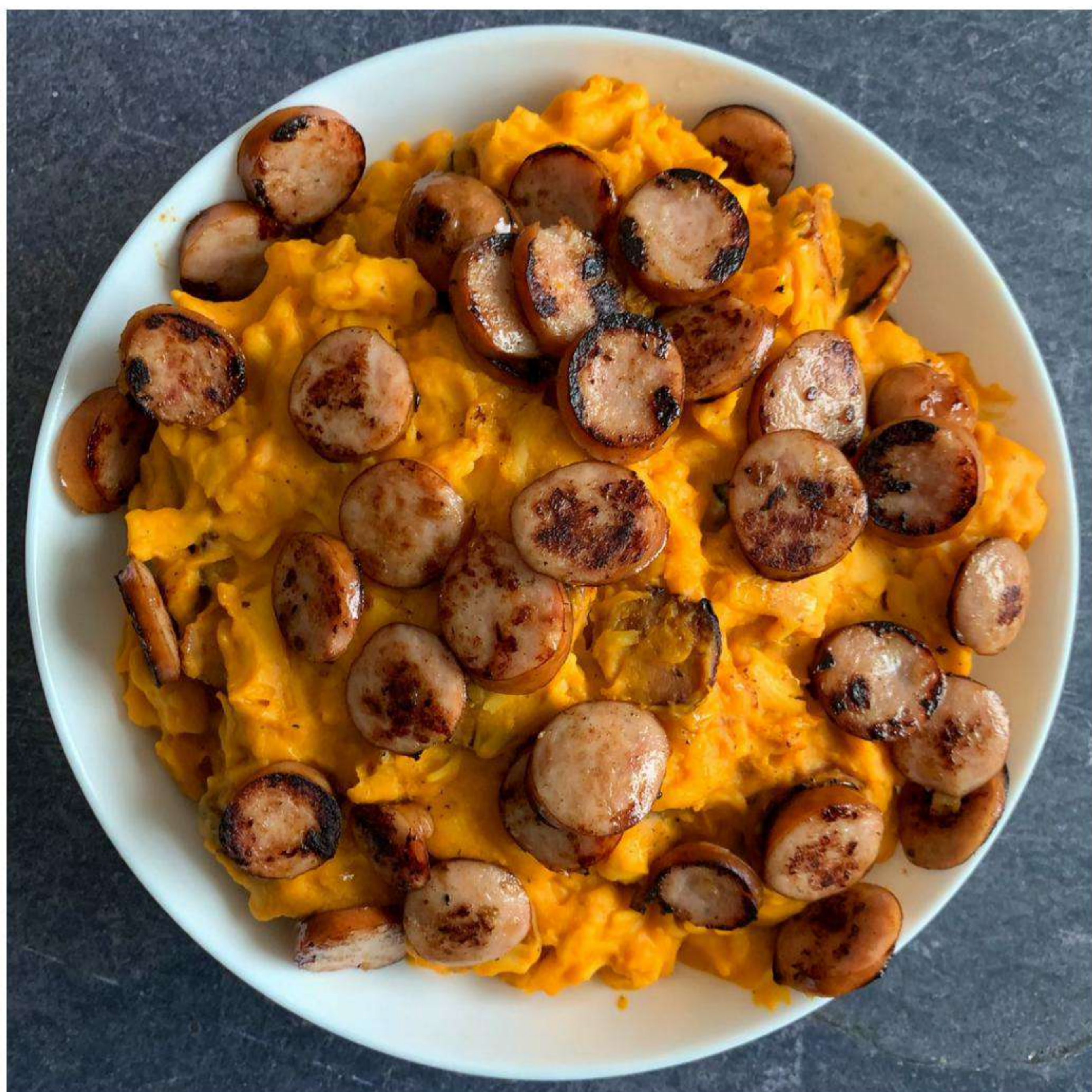
CARAMEL APPLE PEANUT BUTTER DIP

242 CALS | 24P | 32C | 2F

- 1 Medium Apple, sliced
- 1/2 C (113g) Fat-Free Greek Yogurt
- 1/3 Scoop (11g) Vanilla Protein Powder
- 2 Tbsp (12g) PB2 or Powdered Peanut Butter
- 2 Tbsp (30mL) Walden Farms Caramel Syrup

1. Wash and slice a medium apple.
2. Mix the yogurt, protein, powdered peanut butter, and caramel syrup in a small bowl.
3. Get to dippin'!





BUTTERNUT SQUASH MAC & CHEESE WITH CHICKEN SAUSAGE

170 CALS | 11P | 22C | 6F per 1/2 C (150g) - recipe makes 11 servings

- 1 medium (~3 lbs) Butternut Squash
 - 8 oz box Banza Elbow Pasta (or any elbow pasta)
 - 4 Johnsonville Apple Chicken Sausages (or any sausage - 600 cal | 48P | 20C | 36F used)
 - 1/4 C (32g) Cheddar Powder
 - 1 tsp Black Pepper
 - 1 tsp Paprika
 - 1 C (240mL) Unsweetened Almond Milk
- *If you'd rather use real cheese, sub 1/2-1 C shredded cheddar (or any cheese) for the milk and cheddar powder.

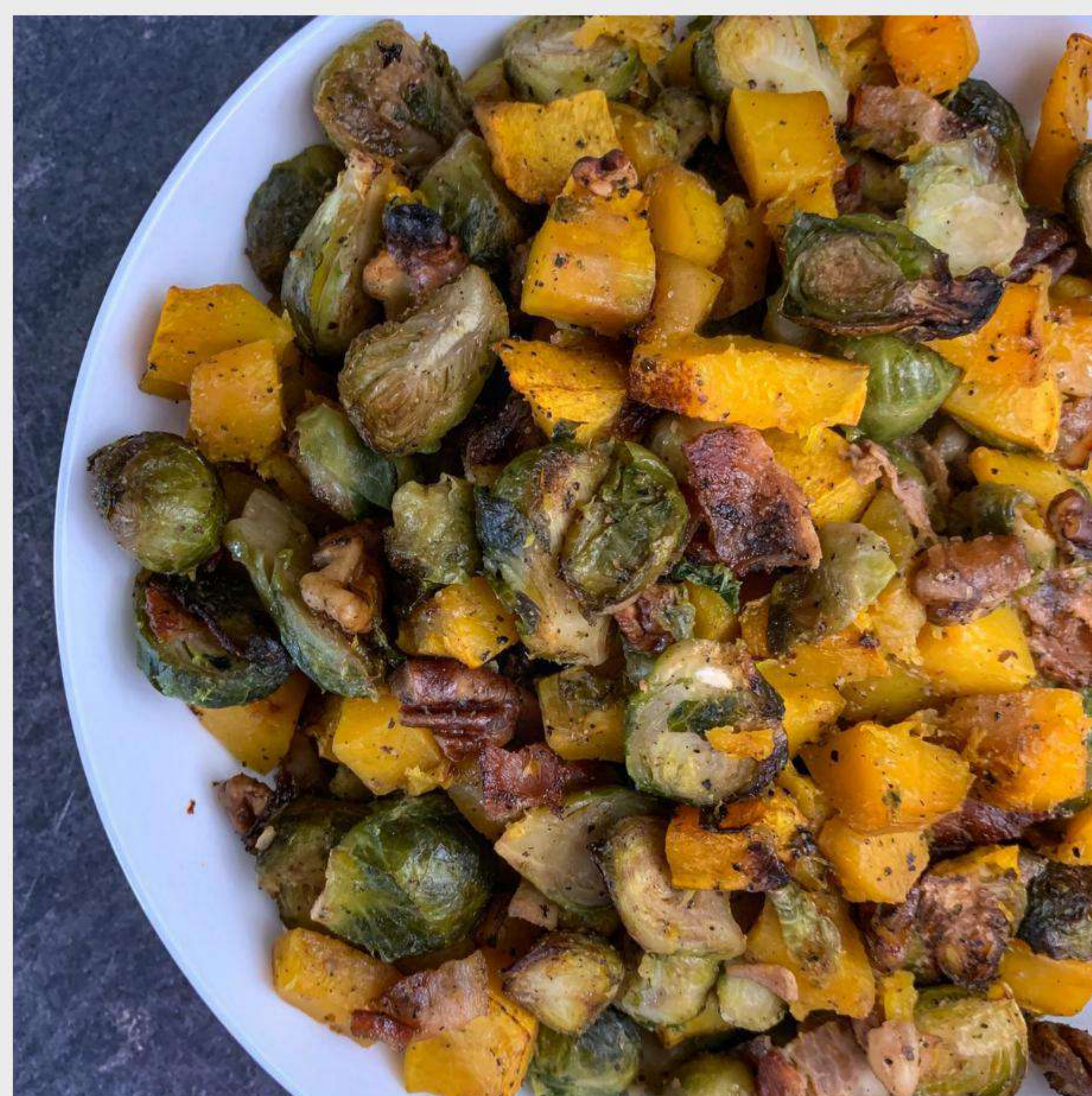
1. Use a fork to poke holes all around the squash. Place it on a microwave safe plate and microwave for 6 minutes.
2. Cut the squash in half and those halves in half to make four pieces. The "guts" should be exposed. Scoop them out and place the squash pieces cut side down on the plate. Microwave for an additional 6-8 minutes. (Larger squash may require more time. The flesh should be easily pierced with a fork and easy to scoop out.)
3. While the squash cooks, prepare the pasta as instructed on the packaging.
4. Thinly slice the sausages before pan frying over high heat.
5. When the squash has cooked and cooled, scoop the flesh into a food processor and add the milk, cheddar powder, and spices. Blend until smooth.
6. Add the "cheese" sauce to the pasta and gently fold together before adding the fried sausage slices.

BUTTERNUT SQUASH & BRUSSELS

125 CALS | 5P | 15C | 5F per 1/2 C (150g) - recipe makes 11 servings

- 1 Butternut Squash, peeled and cubed (800g cubed)
- 2 bags (24 oz total) Frozen Brussels Sprouts, microwaved and halved
- 6 slices Precooked Bacon, diced
- 2 oz Chopped Pecans
- 1/2 C (120mL) Walden Farms Pancake Syrup (or any sugar free syrup)
- 1/2 Tbsp Black Pepper

1. Preheat oven to 450F.
2. Peel a butternut squash and cut it in half lengthwise to expose the end with seeds. Use a spoon to scoop out the "guts" of the squash. Cut the squash into 1" cubes.
3. Microwave the brussels sprouts or prepare 24 oz of fresh brussels sprouts before cutting them in half.
4. Toss the sprouts and squash to a large bowl with the remaining ingredients.
5. Add the mixture to a large baking sheet and bake for 30-40 minutes. Stirring about halfway through.





BUFFALO CHICKEN CHILI

130 CALS | 15P | 15C | 1F PER 1/2 C (RECIPE MAKES ABOUT 12 SERVINGS)

- 3 Boneless, Skinless Chicken Breasts (about 6 oz each)
- 15 oz can Black Beans
- 15 oz can Chili Beans
- 4 oz Chicken Broth
- 1/2 C (120g) Buffalo Sauce
- 1 packet Ranch Dip Mix
- 8 oz Fat-Free Cream Cheese

1. Add the beans, buffalo sauce, chicken broth, and ranch dip mix to a

crockpot. Stir until evenly mixed.

2. Add the chicken breasts to the crockpot and cook on low for 7-8 hours or high for 3-4 hours.

3. Turn the crockpot off, shred the chicken with forks, and add the cream cheese to the crockpot. Stir until no chunks remain.

BEEFY TOMATO SOUP

127 CALS | 10P | 15C | 3F PER 1/2 C (150G) - RECIPE MAKES 11 SERVINGS

- 16 oz Ground Beef, 93/7
- 1/2 White Onion, diced
- 1 Tbsp (15g) Minced Garlic
- 1/2 tsp Salt and Pepper
- 12 oz Frozen Cauliflower (or 1 head, fresh)
- 1 can (23.2 oz) Tomato Soup
- 1 can (14.5 oz) Stewed Tomatoes

1. Set your Instant Pot to saute. Spray with nonstick cooking spray and add the minced garlic and onion. Cook until the onions soften.

2. Add the ground beef, salt, and pepper to the pot. Cook until the meat has nearly cooked through, around 5 minutes.

3. Add the tomato soup, stewed tomatoes, and cauliflower. Depending on your IP model, be sure to avoid overfilling.

4. Cook on manual for 15 minutes. You can use a quick release and serve immediately or use a natural pressure release until you're ready to serve.

* STOVETOP: Use a large soup pot in the same fashion for steps 1-3. Instead of pressure cooking, bring the soup to a boil before reducing heat and allowing the soup to simmer for 10-15 minutes.





MEAT & DAIRY FREE TACO SOUP

210 CALS | 13P | 32C | 3F PER CUP (250G)

- 13.5 oz bag Gardein Beefless Ground
- 12 oz bag Cauliflower
- 3 cans (14.5 oz) Stewed Tomatoes
- 15 oz can Black Beans
- 15 oz can Pinto Beans
- 2 cans (15 oz) Chick Peas
- 15 oz can Whole Kernel Corn
- 2 Tbsp Taco Seasoning
- 2 tsp (10mL) Lime Juice
- 2 Tbsp (10g) Nutritional Yeast
- 2 Tbsp (30g) Minced Garlic
- 1 Tbsp Coconut Oil
- Additional Seasoning, to taste: Sliced Jalapeno, 1/2 tsp Onion Powder, 1/2 tsp Garlic Powder, 1/4 tsp Black Pepper, 1/2 tsp Cayenne Pepper

1. Add all ingredients except the chick peas, minced garlic, and coconut oil to a large pot sprayed with nonstick cooking spray. (Drain all beans and corn.)
2. Heat the pot over low-medium heat, stirring often.
3. Slightly melt coconut oil for 10 seconds in the microwave before adding to the chick peas and garlic in a food processor or blender.
4. Blend chick peas until you have a thick paste.
5. Add this to the pot and bring to a simmer before reducing heat to low and cooking for 25-30 minutes.

JALAPEÑO POPPER WHITE BEAN SOUP

200 CALS | 16P | 30C | 2F PER 1 C (260G) - RECIPE MAKES ABOUT 11 SERVINGS

- 4 C (32 oz) Vegan Protein Broth, or comparable stock
- 14 slices Bacon
- 6 Jalapeño Peppers
- 2 cans (15 oz each) White Kidney Beans
- 15 oz can Red Kidney Beans
- 15 oz can Whole Kernel Corn, drained
- 1 packet Ranch Dip Mix
- 8 oz Fat-Free or 1/3-Fat Cream Cheese

1. Begin by de-seeding (slice vertically and use a spoon to remove seeds) and dicing the jalapeños.
2. If you're using raw bacon, cook the bacon in a large soup pot before adding the peppers to saute. With pre-cooked bacon, dice the bacon slices and add them to the pot with the peppers.
3. Saute over medium-high heat until the peppers have softened, about 5 minutes.
4. Add remaining ingredients except for the cream cheese. Bring to a boil, stirring often.
5. Reduce heat to a medium-low heat, cover, and cook for ~10 minutes before adding the cream cheese.
6. Once the cream cheese is fully incorporated, remove from heat and serve. Portion and refrigerate leftovers.



FALL FOOD FAVES FROM STRONGER U MEMBERS

- Danon Light & Fit Pumpkin Pie Greek Yogurt and Chobani Pumpkin Spice Greek Yogurt
 - Edy's Washington Apple Pie Slow Churned Ice Cream
- 365 Everyday (Whole Foods) Pumpkin Spice Whipped Topping
 - 365 Everyday (Whole Foods) Pumpkin Pie Ice Cream
- Sandwiches
- Pumpkin Spice Cheerios, Frosted Mini Wheats, and Frosted Flakes
 - Nature's Path Pumpkin Spice Waffles
 - Sweetzels Spiced Wafers
 - Pumpkin Flax Kodiak Cakes
 - Sugar Free Apple Pie Filling
 - Pillsbury Sugar Free Cinnamon Swirl Quick Bread
 - Keebler Ready Mini Pie Crusts
 - Tazo Baked Cinnamon Apple Tea (Caffeine Free)
 - Califia Farms Toffee Tidings Dairy Free Creamer
 - Skinny Syrups Pumpkin Spice Syrup
- International Delight Sugar Free Pumpkin Spice Coffee Creamer

THE TRADER JOE'S SECTION

- Tomato Feta Soup
- Honey Roasted Pumpkin Ravioli
 - Autumn Harvest Pasta Sauce
- Pumpkin Butternut Squash Bisque
 - Harvest Chili
 - Pumpkin Tortilla Chips
 - Fall Harvest Salsa
 - Pumpkin Butter
 - Pumpkin Spice Waffles
- Harvest Blend Herbal Tea (Caffeine Free)