



JJVIRGIN

PUMPKIN SPICE

RECIPE GUIDE

**10 DELICIOUS DISHES
PERFECT FOR FALL**

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Pumpkin spice season has started!

Thankfully, there are plenty of delicious ways to enjoy the scent and flavors of autumn without sabotaging your health.

In fact, if you leave out all the added sugars and artificial ingredients that usually turn up in pumpkin goodies, you're left with spices that have a bunch of great health benefits:

- **CINNAMON** improves blood glucose levels and lowers cholesterol, especially for those with type 2 diabetes.¹
- **GINGER** aids digestion, prevents nausea, and has also been proven to lower blood glucose levels.²
- **CLOVES** can actually imitate insulin to lower blood sugar, plus research shows it also prevents osteoporosis with compounds that slow bone loss.^{3,4}
- **CARDAMOM** has the potential to boost your immune system, lower your blood pressure, and even prevent skin cancer.⁵⁻⁷

So now you have some great reasons to cozy up to a Protein Pumpkin Spice Latte or make a batch of Baked Pumpkin Chai Oatmeal!

One last note: you'll notice the recipes in the guide call for organic pumpkin puree. You can get the canned version at the grocery store or make your own. (Just don't accidentally grab a can of pumpkin pie filling, which has added sugar, eggs, and preservatives.)

Enjoy,
JJ

ARTICLE SOURCES:

- 1 <http://care.diabetesjournals.org/content/26/12/3215>
- 2 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4277626/>
- 3 <http://www.sciencedirect.com/science/article/pii/S0378874104004593>
- 4 <http://www.tandfonline.com/doi/abs/10.1080/14786419.2010.511216>
- 5 <http://www.ncbi.nlm.nih.gov/pubmed/20210607>
- 6 <http://www.ncbi.nlm.nih.gov/pubmed/20361714>
- 7 <http://www.ncbi.nlm.nih.gov/pubmed/22182368>

PS

If you want to keep the irresistible recipes coming, don't forget to follow me on **Pinterest!**



a brownie
only better

Chewy Paleo Brownie Protein Bars

12g CLEAN, GRAIN-FREE PROTEIN
11G FIBER • 4g SUGAR

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PROTEIN PUMPKIN SPICE LATTE



{ MAKES 1 LATTE }

1 scoop [JJ Virgin Vanilla All-In-One Protein Shake](#), your choice of protein type

2 Tbsp organic pumpkin puree
(*NOT pumpkin pie filling*)

1/4 tsp ground cinnamon

1/8 tsp ground ginger

dash ground nutmeg

8 oz. hot brewed coffee

2 oz. unsweetened vanilla
almond milk

How about a scrumptious, all-natural Pumpkin Spice Latte full of protein and fiber and just 2 grams of sugar? (Compare that to 50 grams of sugar in the Starbucks version!)

Whisk the protein shake into the hot coffee until completely dissolved.

Add remaining ingredients and whisk again until smooth. (For a touch of added sweetness, you can also add a dash of [JJ Virgin Sprinkles](#) to taste.)

PUMPKIN SPICE LATTE PROTEIN SHAKE



{ MAKES 1 SHAKE }

2 scoops [JJ Virgin Vanilla All-In-One Protein Shake](#), your choice of protein type

1/2 cup organic pumpkin puree
(*NOT pumpkin pie filling*)

1/2 tsp peeled, grated fresh ginger

1 Tbsp freshly ground flaxseed
dash ground cinnamon

5 oz. brewed coffee, chilled

5 oz. unsweetened coconut milk

4-5 ice cubes

Want to up your PSL game? Turn it into a morning smoothie and have it for breakfast or lunch. (Or both!)

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water.

For additional sweetness, add a dash of [JJ Virgin Sprinkles](#).

PUMPKIN SPICE PROTEIN COOKIE BITES



{ **MAKES ABOUT 20 BITES** }

2 scoops [JJ Virgin Vanilla All-In-One Protein Shake](#), your choice of protein type

1/2 cup almonds

1 cup cacao nibs

3/4 cup gluten-free organic rolled oats
(*NOT quick cook oats or instant oatmeal*)

1/4 cup unsweetened almond butter

1 cup organic pumpkin puree
(*NOT pumpkin pie filling*)

2 Tbsp coconut oil

2 tsp pure vanilla extract

3/4 tsp ground cinnamon

1/8 tsp ground cloves

1/8 tsp ground nutmeg

dash sea salt (or to taste)

cacao powder, ground almonds,
or shredded unsweetened coconut (for
rolling)

These gluten-free, dairy-free cookie bites are full of amazing pumpkin spice flavor, fun texture, and fabulous nutrition for the perfect autumn treat!

Pulse the oatmeal, almonds, and cacao nibs in a food processor until the size of small crumbs.

Add the remaining ingredients, and pulse until well-combined and mixture holds its shape when pressed together. (Be careful not to over-process.)

Roll the mixture into 1-1/2 inch balls. If desired, roll the finished bites in organic cacao powder, unsweetened shredded coconut, or ground almonds.

Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.

PUMPKIN SPICE ROASTED PECANS



{ **MAKES 1-1/2 CUPS NUTS** }

1-1/2 cups slow-roasted pecan halves
(directions below)

1/2 tsp macadamia nut or avocado oil

3/4 tsp liquid monk fruit sweetener or
several drops liquid stevia (to taste)

1/2 tsp ground pumpkin pie spice

1/4 tsp sea salt

TO SLOW-ROAST PECANS

Place 1 cup raw pecans and 1/2 teaspoon sea salt in a medium bowl, and add enough water to cover by 3 inches. Soak overnight at room temperature, then drain the nuts. Spread them on a rimmed baking sheet and bake at 140F for 8 hours. Let cool completely before making recipe.

These irresistible pecans are full of powerful protein and healthy fats, all wrapped up in the warmth of pumpkin pie spice – the perfect autumn treat!

Preheat the oven to 200F.

Combine the pecans, sweetener, and oil in a mixing bowl and toss well. Combine the pumpkin pie spice and salt in a separate small bowl.

Add the spice mixture to the nuts and stir well to coat. Place the nuts in a single layer on a large baking sheet and bake for 10 minutes.

Remove from the oven and let cool at least 10 minutes before serving. Store in a covered container at room temperature or freeze for up to 6 weeks.

PALEO PUMPKIN SPICE PANCAKES



{ MAKES 7 5-INCH PANCAKES }

1 cup blanched almond flour
(also called superfine ground almonds)

1 tsp baking soda

1/2 tsp ground cinnamon

1/4 tsp ground cloves

1 pinch [JJ Virgin Sprinkles](#) or monk
fruit extract to taste

2 eggs (if not intolerant)

1/4 cup organic pumpkin puree
(*NOT pumpkin pie filling*)

1/4 cup water

1 tsp pure vanilla extract

coconut oil for pan

These light and fluffy gluten-free, dairy-free pancakes are full of incredible pumpkin spice flavor and healthy Paleo nutrition for the perfect fall breakfast!

Whisk almond flour, baking soda, cinnamon, cloves, Virgin Sprinkles, and the pinch of sea salt together in a medium mixing bowl until there's no lumps.

In a small mixing bowl, whisk together the eggs, pumpkin, water, and vanilla extract. Add the liquid ingredients to the dry ingredients and whisk together until thoroughly mixed.

Preheat a lightly oiled nonstick pan over medium-low heat.

Drop batter by 2 tablespoonfuls onto the prepared pan, and cook until pancakes are golden brown and edges are dry, about 3-4 minutes.

Flip and cook until browned on the other side, 2-3 minutes. Repeat with remaining batter.

Serve your pancakes with full-fat coconut or Greek yogurt and a sprinkling of cacao nibs or chopped nuts.

4-INGREDIENT PALEO PUMPKIN BROWNIES



{ MAKES 8 BROWNIES }

1 cup organic pumpkin puree
(*NOT pumpkin pie filling*)

1/2 cup unsweetened salted almond
butter (if not salted, add a pinch of sea
salt to recipe)

5 Tbsp raw cacao powder

1 to 2 tsp [JJ Virgin Sprinkles](#) or powdered
monk fruit (to taste)

coconut or avocado oil for pan

These are the healthy Paleo brownies of your dreams! They are so tender and chocolatey, it's hard to believe they're also gluten- and dairy-free.

Preheat oven to 350F. Generously oil an 8"x4" loaf pan with coconut oil or avocado oil.

Beat together the ingredients in a mixing bowl using an electric mixer. Transfer batter to greased loaf pan and smooth into even layer.

Bake at 350F for 40-45 minutes, until a wooden skewer inserted in the center comes out mostly clean.

Cool in the pan completely before cutting into 8 brownies. (You can put the pan in the refrigerator to speed that process up.)

Store leftover brownies in airtight container in refrigerator for up to 5 days. Brownies also freeze beautifully for up to 6 weeks!

COCONUT-PUMPKIN BREAD



{ MAKES 8 SERVINGS }

1/2 cup coconut oil, melted, plus more for the baking pan

4 large eggs (if not intolerant)

1/2 cup organic pumpkin puree (NOT pumpkin pie filling)

1/2 cup culinary coconut milk

1 Tbsp real vanilla extract

1 cup finely ground almond flour

1/2 cup coconut flour

2 Tbsp monk fruit extract

2 tsp grain-free baking powder

1/2 tsp baking soda

2 tsp pumpkin pie spice

1 tsp ground cinnamon

1/4 tsp sea salt

Try this gluten-free, dairy-free Pumpkin Bread recipe with gorgeous pumpkin flavor and none of the bad guys that typically make you regret dessert.

Preheat the oven to 350F. Grease an 8"x5" glass loaf pan with coconut oil.

Whisk together the melted coconut oil, eggs, pumpkin, coconut milk, and vanilla in a medium mixing bowl.

In a separate large mixing bowl, combine the almond flour, coconut flour, monk fruit extract, baking powder, baking soda, pumpkin pie spice, cinnamon, and salt, and stir well.

Add the wet ingredients to the dry, and mix until moistened and well-combined. Transfer to the prepared loaf pan and smooth the top with a spatula.

Bake until a toothpick inserted into the center of the loaf comes out clean and the outside has lightly browned, 48-50 minutes.

Remove from oven and let cool in the pan for 15 minutes. Transfer loaf to a wire rack before letting cool completely. Slice and serve or use in the Pumpkin Bread Pudding recipe on page [12](#).

PUMPKIN BREAD PUDDING



{ MAKES 12 SERVINGS }

1 loaf Coconut-Pumpkin Bread, preferably 1-2 days old, cubed

4 large eggs (if not intolerant)

2 cups culinary coconut milk

2 tsp monk fruit extract

1 tsp real vanilla extract

3/4 tsp ground cinnamon

1/4 tsp ground nutmeg

coconut oil for pan

Pumpkin Bread Pudding is a delicious, healthy alternative to traditional pumpkin pie. Enjoy all the luscious fall flavors without the sugar, dairy, or gluten!

Position a rack in the center of the oven. Preheat the oven to 350F. Lightly dampen a towel with coconut oil and wipe a 9"-square baking pan.

Place the bread cubes in the prepared pan.

Whisk together the eggs, coconut milk, monk fruit extract, vanilla, cinnamon, and nutmeg in a medium mixing bowl.

Pour the egg mixture over the bread cubes, pressing down the bread cubes to be sure all of it gets wet, and let stand for 20 minutes.

Bake until puffed and the custard has set, 38-40 minutes. Let cool for at least 10 minutes until cutting and serving.

PUMPKIN SPICED OATMEAL

This delicious, cozy oatmeal is packed with protein and nutrients to start your day off right.

{ MAKES 1 SERVING }

2 scoops [JJ Virgin Vanilla All-In-One Protein Shake](#), your choice of protein type

12 oz unsweetened almond milk

4 oz filtered water

1 cup gluten-free rolled oats (not instant)

1 cup organic pumpkin puree
(*NOT pumpkin pie filling*)

1/4 tsp sea salt

1 tsp ground cinnamon

1/2 tsp ground ginger

1/4 tsp ground cloves

1/8 tsp ground nutmeg

Whisk together the almond milk, water, and protein powder in a medium saucepan until well-mixed.

Stir in the remaining ingredients and cook over medium heat for 3-5 minutes, until oats are tender. Remove from heat and let stand and thicken for a few minutes, then serve.



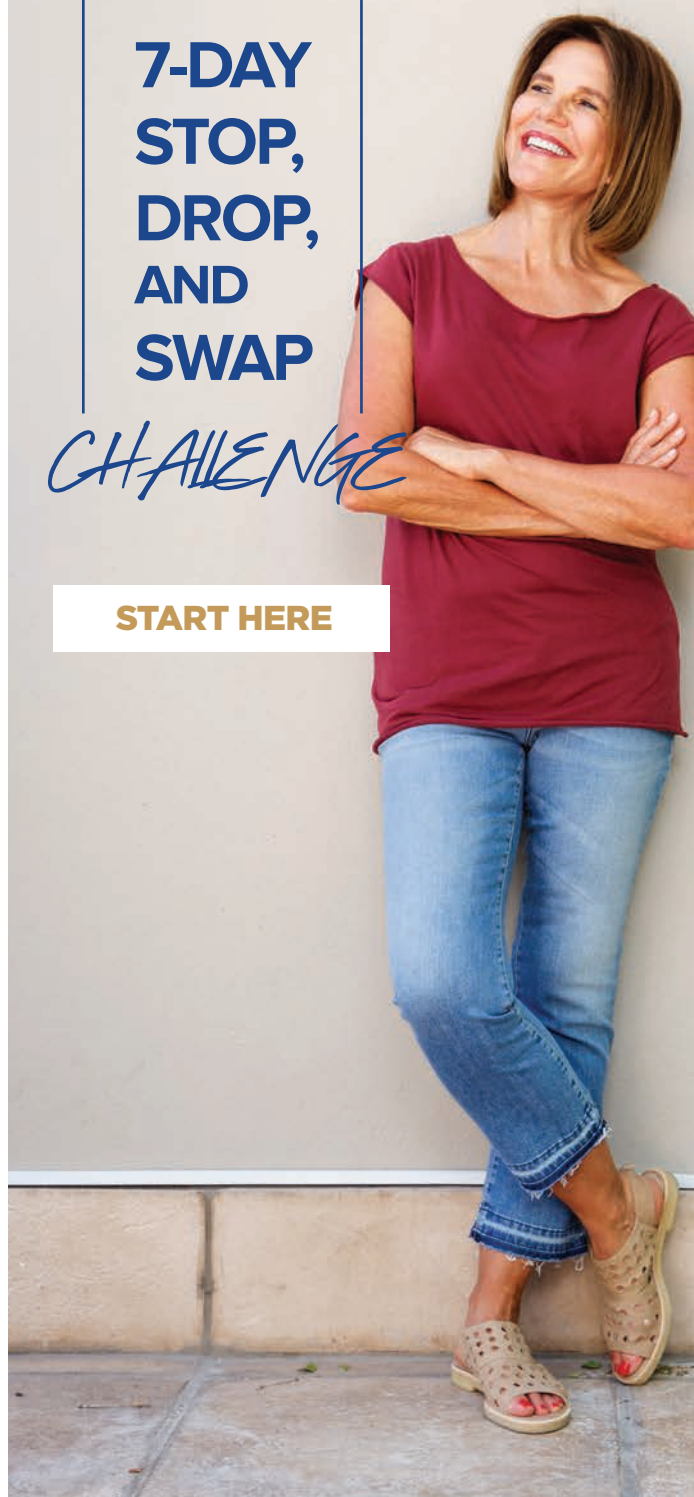
In Just 7 Days You Can Lose Weight and Feel Better Fast

JJV

7-DAY STOP, DROP, AND SWAP

CHALLENGE

START HERE



BAKED PUMPKIN CHAI OATMEAL



{ MAKES 1 SERVING }

1 scoop [JJ Virgin Vanilla Plant-Based All-In-One Protein Shake](#)

1/2 cup gluten-free quick cooking oats

1/2 tsp vanilla extract

1 tsp cinnamon

1/2 tsp ground ginger

1/4 tsp ground cloves

1/8 tsp ground nutmeg

1/2 tsp [JJ Virgin Sprinkles](#), monk fruit extract, stevia, or other low-sugar impact sweetener (to taste)

1/4 cup organic pumpkin puree
(*NOT pumpkin pie filling*)

1/4 cup plus **1 Tbsp** unsweetened, full-fat coconut milk

1/8 tsp salt

coconut oil to grease baking dish

This baked oatmeal is the very definition of cozy and makes for a filling, satisfying breakfast. Make it the night before – it's perfection topped with a dollop of almond butter.

Preheat oven to 350F, and grease an 8-ounce ramekin or glass dish with coconut oil.

Stir together all the ingredients in a small mixing bowl until well-combined. Pour into greased ramekin.

Bake for 20-30 minutes, or until lightly browned and firm. Let cool and then place in refrigerator for several hours or overnight to set.

Get a shake
with the
power of
bone broth...

21g CLEAN PROTEIN
1g SUGAR • 7g FIBER

Chocolate & Vanilla

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