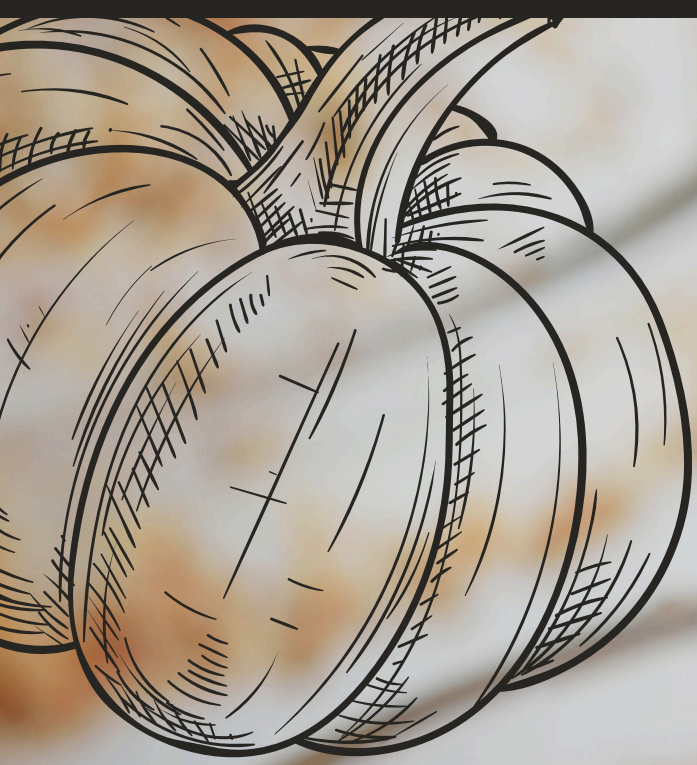


THE
PUMPKIN SPICE
(AND EVERYTHING NICE)
Recipe Book



INSIDE:

7 PROTEIN PACKED

RECIPES FOR THE ULTIMATE

PUMPKIN SPICE LOVER

Welcome

DEAR LADYBOSS,

It's officially *that* time of year again... when the air gets crisp, sweaters come out, and pumpkin spice lovers unite! If you're part of the pumpkin spice fan club (you know who you are), you're in the right place.

But don't worry, we've got your back because these recipes are not only bursting with all the pumpkin spice goodness you crave, they're 100% guilt-free! That's right, you can indulge in these fall favorites without the "cheater, cheater pumpkin-eater" guilt. Why? Because every single one of these 8 delicious recipes features our secret ingredient: [Vanilla Cake LEAN!](#)

Whether you're whipping up a cozy treat to enjoy solo or sharing with your fellow pumpkin-loving friends, these recipes are packed with protein and flavor. So go ahead, indulge in your favorite seasonal delights, and enjoy every bite knowing you're fueling your body with something good.

Fall may only come once a year, but with these recipes, the fun and flavor never have to stop!

Enjoy the season, enjoy the spice, and most importantly, enjoy yourself!

With love and pumpkin spice,
Your LadyBoss Team

Pumpkin Pie Cookies



Because who doesn't love bite-sized pumpkin pies?

**recipe adapted from 'The Little Blog of Vegan'*

FOR THE COOKIES:

- 1/2 cup of light butter (cubed / softened)
- 2/3 cup of baking sugar substitute of choice
- 1/2 cup of light brown sugar
- 2 tablespoons milk of choice
- 1 1/3 cup oat flour
- 1/3 cup Vanilla Cake LEAN
- 3/4 teaspoon baking powder
- 1/4 teaspoon of baking soda
- 2 teaspoons of pumpkin spice seasoning

FOR THE PUMPKIN PIE FILLING:

- 1/2 cup of pumpkin puree
- 1 1/2 teaspoons pumpkin spice seasoning
- 3 1/2 tablespoons of maple syrup
- 1 tablespoon of milk of choice
- 1 teaspoon of cornstarch

FOR THE TOPPINGS:

- Can of light whipping cream
- Pumpkin spice seasoning (for dusting)

INSTRUCTIONS - COOKIES:

- Preheat the oven to 350 F and line 2 baking trays with parchment paper. Add the butter and sugars into a mixing bowl or the bowl of the stand mixer fitted with the paddle attachment. Whip with a hand mixer or the stand mixer until light and creamy.



Pumpkin Pie Cookies



Because who doesn't love bite-sized pumpkin pies?

**recipe adapted from 'The Little Blog of Vegan'*

INSTRUCTIONS - COOKIES CONTINUED:

- Add the milk. Whip again until combined.
- Sift in the flour, LEAN, baking powder, baking soda and pumpkin spice. Mix until just combined.
- Scoop the cookie dough into balls (approximately 50g each) using spoons or an ice-cream scoop.
- Roll each cookie dough ball in sugar.
- Lightly flatten the cookie dough balls, and use the back of a spoon or clean fingertips to make a well in the middle of the cookies. The bigger the well, the larger amount of filling the cookies can hold. Set aside.

INSTRUCTIONS - PUMPKIN PIE FILLING:

- In a medium sized mixing bowl, add in the pumpkin puree, spices, maple syrup milk and cornstarch. Mix together until fully combined.
- Fill each well inside the cookies with the pumpkin filling.
- Place the cookies on the baking tray, making sure they have space as they will spread slightly.
- Bake in the middle of the oven for 12-14 minutes, or until the cookies are lightly golden. Once baked, remove the trays from the oven, use a round cookie cutter to help shape the cookies. Use the cookie cutter to scoot the cookies into a circle.
- Allow the cookies to cool on the baking tray.



Pumpkin Pie Cookies



Because who doesn't love bite-sized pumpkin pies?

**recipe adapted from 'The Little Blog of Vegan'*

INSTRUCTIONS - TOPPINGS:

- When the cookies are 100% cool, add dollop of whipped cream to each cookie.
- Dust the tops of the cream with some pumpkin spice for decoration.
- Serve and enjoy.



Credit: Little Blog of Vegan



LEAN Pumpkin Spice Shake



Shake up your meal replacement with this liquid goodness!

WHAT YOU'LL NEED:

- 1 cup milk of choice
- 1½ cup ice
- 1/2 teaspoon ground pumpkin spice (can sub ground cinnamon, nutmeg, clove, ginger spices to taste.)
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1 scoop Vanilla Cake LEAN

MAKE IT HAPPEN:

- Blend & Enjoy!



Protein Pumpkin Oatmeal



Pump(kin) up your morning routine! Even Goldie Locks agrees---served hot or cold, this recipe is gold.

WHAT YOU'LL NEED:

- 1 cup rolled oats
- 1 1/2 cups milk
- 2 tablespoons maple syrup
- 1 teaspoon ground pumpkin spice (Sub: cinnamon, clove, nutmeg, ginger spices to taste)
- 1/2 cup pumpkin puree (not pumpkin pie filling)
- 1 scoop Vanilla Cake LEAN
- Optional Toppings: Pecans, Blueberries, Golden Raisins

MAKE IT HAPPEN:

- In a large microwave-safe bowl (pick one larger than you think you need as the oats will bubble up), add the oats and almond milk.
- Microwave on high for 2 minutes or until oats are cooked through.
- Remove the bowl from the microwave. Stir in the pumpkin, maple syrup, pumpkin spice, and ladyboss LEAN®. Adjust spices and toppings to taste.
- Enjoy!



Pumpkin Cream Cold Brew



***The go-to brew for a morning zing.
(BONUS--freeze for a healthy dessert treat.)***

WHAT YOU'LL NEED:

THE COFFEE

- 1 cup cold brew coffee
- 1 teaspoon ground pumpkin spice (Sub: cinnamon, clove, nutmeg, ginger spices to taste)
- 1 teaspoon vanilla extract
- 1/2 scoop Vanilla Cake LEAN

THE CREAM

- 1/4 cup pumpkin puree
- 1 teaspoon ground pumpkin spice (Sub: cinnamon, clove, nutmeg, ginger spices to taste)
- 1 teaspoon vanilla extract
- 1/4 cup whipped cream
- 1/2 scoop ladyboss LEAN

MAKE IT HAPPEN:

THE COFFEE

- Blend all ingredients together and serve over ice.
- Enjoy as is or add the cream!

THE CREAM

- Blend pumpkin puree, pumpkin spice, vanilla extract, and ladyboss LEAN® together.
- Gently fold blended ingredients into whipped cream.
- Add to your coffee and sip away!



Pumpkin Spice Energy Balls



Supercharge snack time with this festive twist on a classic crows pleaser.

**Credit Barie D.*

WHAT YOU'LL NEED:

- 1 1/2 cup creamy nut butter
- 1/2 cup honey
- 1 1/3 cup old fashioned/rolled oats
- 1/8 teaspoon salt
- 1/2 cup dark chocolate chips (Sub: sugar free chocolate chips)
- 1/4-1/2 teaspoon pumpkin spice seasoning
- 1/2 cup Vanilla Cake LEAN

MAKE IT HAPPEN:

- Roll ice cream scoop size balls firmly together.
- Refrigerate for about 1 hour.
- Get your pumpkin on!



Pumpkin Pie Milkshake



Enjoy as a healthy dessert alternative or boost with coffee for a sweet afternoon delight.

WHAT YOU'LL NEED:

- 6 ounces milk
- 4 ounces coffee (optional)
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground pumpkin spicem(Sub: cinnamon, clove, nutmeg, ginger spices to taste)
- 1/4 teaspoon cinnamon
- 1 teaspoon maple syrup
- 1 tablespoon graham cracker crumbs
- 4-5 ice cubes
- 1 scoop Vanilla Cake LEAN
- Optional Garnishes: Cool Whip, Graham Cracker Crumbs, Cinnamon

MAKE IT HAPPEN:

- Blend all ingredients together.
- Garnish to desired flavor.
- Pie-leaaase, treat yo'self!



Pumpkin Cheesecake



All the comfort of cheesecake + all the festivity of pumpkin spice.

WHAT YOU'LL NEED:

- 4 ounces cottage cheese
- 2 ounces cream cheese
- 3 tablespoons pumpkin puree
- 1 scoop Vanilla Cake LEAN
- 1 egg
- 1 teaspoon pumpkin pie spice
- Dash of vanilla extract

MAKE IT HAPPEN:

- Preheat oven to 350 degrees.
- Blend all together until smooth and pour into 2 mug sized ramekins.
- Bake 350 for 15-20 minutes
- Let cool completely and then refrigerate for 5+ hours.
- Top with crushed ginger snap cookie, cinamon sticks, or whipped cream and dig in!



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