

Healthier Lifestyles - with Coach Linda

www.CoachLindaJohnson.com

Pumpkin Gluccie Pudding (FP)

Make in the blender:

- 1 c. Almond Milk
- 1 c. Water
- 1/4 c. Pumpkin Puree
- 1 1/2 tsp. Super Sweet
- 1/2 tsp. Pumpkin Pie Spice
- 1/4 tsp. Vanilla
- Pinch of Salt

Blend well, then while blender is running add:

- 1 1/2 tsp. Glucomannan (Glucie)

Blend for about 2 minutes. Let it rest a couple minutes.

Then blend again and while running, add:

- 1 scoop (4 Tablespoons or 1/4 cup) of Whey Protein Powder

Blend about a minute or 2.

Makes 3 good size servings of about 2 carbs each.