



pumpkin spice protein smoothie

ingredients

- 5 1/3 oz. 0% plain Greek yogurt
- 1/2 cup canned pumpkin
- 1/2 large frozen banana
- 1 teaspoon pumpkin spice blend
- 1 tablespoon maple syrup
- 1 scoop protein powder
- 1/2 cup ice cubes

directions

Place all the ingredients in the blender, in order. Secure the lid and insert the tamper, if you have one, and blend, starting on a low speed and quickly shifting to high. Blend until smooth.

Serve immediately.



slow cooker chicken & wild rice soup

ingredients

- 6 cups unsalted chicken stock
- 2 cups onion, chopped
- 1 1/2 cups carrots, chopped
- 1 cup celery, chopped
- 1 1/4 cups uncooked wild rice
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- 8 oz. white mushrooms, sliced
- 3 garlic cloves, minced
- 2 pounds skinless, bone-in chicken breasts
- 5 thyme sprigs
- 2 bay leaves
- 3 cups milk
- 1/2 cup all-purpose flour
- Chopped fresh parsley (optional garnish)

directions

In a 6-quart slow cooker, stir together chicken stock, onion, carrots, celery, wild rice, salt, pepper, mushrooms and garlic. Nestle in the chicken, thyme and bay leaves.

Cover and cook on low until chicken and wild rice are tender, about 7 hours.

Remove chicken from the slow cooker. Increase heat to high. Discard chicken bones and shred meat; set aside. Discard thyme sprigs and bay leaves.

In a medium bowl, whisk together milk and flour. Stir into stew. Cook on high until thickened, about 10 minutes. Gently stir in chicken. Garnish with parsley, if desired.