

# FALL RECIPE CHALLENGE

## PUMPKIN CARBONARA

### Ingredients:

- Pumpkin Puree (1 cup)
- Turkey Bacon (6 Thick Slices 1in. Thick)
- Parmesan (1/2 cup)
- Black Pepper
- Egg Yolk (3)
- Parmesan
- Spaghetti Pasta (1 lb.)
- Sliced Mushrooms (1 cup)

### Directions:

1. In a medium bowl, whisk together pumpkin puree, parmesan cheese, egg yolks, and pinch of black pepper.
2. Meanwhile, bring pot of salted water to a boil. Add pasta and cook according to package directions. Save 1 ½ cups pasta water, then drain.
3. In a large skillet, cook turkey bacon until crispy. In the same skillet, add mushrooms and cook until soft.
4. Add drained pasta to skillet. Then add ¾ cup pasta water to pumpkin mixture to create thin creamy sauce. Add bacon and toss.
5. Top with parmesan and black pepper to serve.
6. OPTIONAL: Sauté 1 thinly sliced cucumber with one teaspoon of vegetable oil, salt, and pepper to serve on top.



## PEANUT BUTTER ENERGY BITES

### Ingredients:

- Creamy Peanut Butter (2/3 cup)
- Semi-Sweet Chocolate Chips (1/2 cup)
- Old Fashioned Oats (1 cup)
- Ground Flax Seeds (1/2 cup)
- Honey (2 tablespoons)

### Directions:

1. Combine all ingredients in a medium bowl. Stir to combine.
2. Roll ingredients into 12 bites, and store in refrigerator.
  - a. If ingredients are hard to roll, place in refrigerator for 15-30 minutes for easier rolling.



## PUMPKIN GREEK YOGURT PARFAIT

### Ingredients:

- Oat and Honey Granola
- Vanilla Yogurt
- Pumpkin Puree

### Directions:

1. Use 8-ounce cups to build yogurt parfaits.
2. Start by adding a layer of granola to the bottom of the cup. Top granola layer with yogurt, then layer of pumpkin, then layer of yogurt, etc.
3. Finish by sprinkling layer of granola on top.

