

"Pumpkin You Up!"

Here is an excellent smoothie recipe that I couldn't wait to pass on. As we head into the fall, this seasonal smoothie serves up plenty of protein, and adds flax seed's mood-boosting omega 3 fatty acids. Consider this smoothie your post-workout personal trainer — encouraging your body to make the most of the routine you just finished. *(from Yahoo Health)*

(Serves one)

1 scoop low-fat butter pecan ice cream
1/2 cup canned pumpkin
1/2 cup low-fat milk
1 tablespoon vanilla whey protein powder
1 teaspoon ground flaxseed
3 ice cubes.

Toss all ingredients into a blender and mix!

Calories per serving: 265; Protein: 17 g; Carbs: 41 g; Fat 5 g; Saturated fat: 2 g; Sodium: 136 mg; Fiber: 7 g