

5 WAYS TO SLIM DOWN WITH PUMPKIN SPICE



Did you know that your pumpkin spice addiction could be good for you? The spices that make up pumpkin (pie) spice blend - cinnamon, ginger, nutmeg and cloves have properties to help you lose weight, regulate blood sugar, increase metabolism and burn fat! How great is that!

Here are 5 slimming ideas for using pumpkin spice:

1

Skinny Pumpkin Spice Latte - Add 1/8 to 1/4 teaspoon pumpkin pie spice and a smash of your favorite dairy or nondairy milk to to your mug of coffee.

2

Pumpkin Spice Sweet Potatoes - Sprinkle baked, roasted or mashed sweet potatoes with pumpkin pie spice to taste. A splash of orange juice in mashed potatoes is delicious too.

3

Pumpkin Spice Oatmeal - Add 1/4 teaspoon of pumpkin pie spice to your morning bowl of oatmeal.

4

Pumpkin Spice Roasted Vegetable - Chop up your favorite fall vegetables like butternut squash, carrots, parsnips, sweet onions, cauliflower and brussels. Drizzle with olive oil and sprinkle with salt and pumpkin spice. Roast in a 400 degree oven until tender, about 30 to 45 minutes.

5

Pumpkin Spice Baked Apples - Sprinkle peeled and sliced apples with pumpkin spice. Microwave on high until tender, about 2 - 4 minutes. Delicious on applesauce or stirred into apple juice too.

Weight Loss Plan Pumpkin Spice Update

Patrick Vollmar



Weight Loss Plan Pumpkin Spice Update:

Embracing the Tune of Appearance: An Psychological Symphony within **Weight Loss Plan Pumpkin Spice Update**

In a global taken by screens and the ceaseless chatter of instant communication, the melodic splendor and psychological symphony produced by the prepared term frequently disappear in to the backdrop, eclipsed by the persistent noise and disturbances that permeate our lives. But, situated within the pages of **Weight Loss Plan Pumpkin Spice Update** an enchanting literary treasure overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts readers on a psychological trip, well unraveling the concealed melodies and profound affect resonating within each carefully constructed phrase. Within the depths of the touching assessment, we will discover the book is central harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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