

JACLYN RENEE

wellness

Pumpkin Power Bowl

Ingredients:

8 oz. boxed pumpkin puree
1 scoop marine collagen
1 tbsp. tahini
1 tbsp. coconut butter or oil
1 tbsp. water
1 tsp honey
¼ tsp vanilla
¼ tsp pumpkin pie spice

Topping options:

Walnuts
Blueberries
Shredded coconut
Raisins
Chia seeds
Sunflower seeds

Instructions:

1. Heat all the ingredients (minus toppings) over medium heat until melted.
2. Place in a glass bowl and let sit in fridge for an hour or over-night.
3. Add toppings of choice.

Enjoy!

Xo Jaclyn Renee

** A core principle of the Jaclyn Renee Wellness program is to choose organic whenever possible. This includes all fruits, vegetables, meats, dairy, flours, nuts, and even spices. Reducing your exposure to pesticides and chemicals is a major part in healing your body and preventing disease.