

Nut-NolaTM

**Crust (scrumptious) —
No-Bake Pumpkin Pie**

MAKE THE CRUST

In a medium-sized bowl

mix together thoroughly:

¾ cup **Nut-Nola** (allow an extra 3 Tbsp.

for topping on the pie)

½ cup raw, organic almond butter

3 tbsps. organic coconut flour

3 tbsps. organic coconut oil

2 tsp. organic maple syrup

1 tbsps. cinnamon

1 tsp. freshly grated, organic nutmeg

¼ tsp. ground cloves

½ tsp. sea salt or Himalayan salt

1. Prepare a 9" pie dish with a generous coating of ghee, avocado or olive oil. Set aside.

2. Place all pie crust ingredients into your medium-sized bowl.

3. With all ingredients together in the bowl mix with a whisk, spatula or wooden spoon, mix the ingredients until thoroughly blended. This may take a full minute or two.

4. Place into prepared pie dish and spread onto bottom and sides of pie dish in an even layer. The crust mixture will be loose at this stage if at room temp.

5. Place pie dish with the crust mixture into the fridge. Refrigerate for 1 hour minimum.

Makes a full-sized, "crazy delicious" pie crust.

MAKE THE FILLING:

1 ½ cups organic, baked pumpkin (alternately use canned organic pumpkin)

1 ½ cups organic canned coconut milk (whole fat)

¼ cup chia seeds

¼ cup organic maple syrup

1 tbsps. ground organic cinnamon

½ tsp. mace

2 tsp. ground vanilla bean (or 4 tsp. vanilla bean extract)

½ tsp. ground organic cloves

*You may use the same bowl previously used to make the crust to make this pumpkin pie filling.

1. Put all the Pumpkin Pie filling ingredients listed above into the *bowl.

2. When all ingredients are in the bowl together mix with a whisk, spatula or wooden spoon, until everything is thoroughly blended. This may take a full minute or two. (The mixture will become thick.)

3. After thoroughly mixing the Pumpkin Pie filling, pour into prepared crust. (The crust should be stiff or very hard by now.)

4. Use a spatula to spread filling evenly over crust.

5. Top with extra 3 tbsps. of **Nut-Nola**.

Chill completed pie overnight or several hours. If you make it in the morning it will be ready for dinner time!



Seed-NolaTM

E.GO Fuel - ENERGIZE AND GO!

Nut-NolaTM

FUN FACTS

ABOUT NUT-NOLA AND SEED-NOLA

ORGANIC MAPLE SYRUP (sweet and beneficial)

The medical journal Pharmaceutical Biology reports that pure maple syrup contains 24 different antioxidants. Polyphenols in maple syrup is about 5 times greater than those found in honey. Several studies report the consuming of polyphenols regularly can have a positive impact on metabolic health. Polyphenols are plant-based antioxidants in the form of pheolic compounds and are beneficial to you in many ways.

Benefits:

Protect your cardiovascular system
Promote normal blood pressure
Stabilize blood sugar levels
Promote brain health
Protects against dementia
Reduce inflammation
Fight free radicals
Reduce the appearance of aging
Protects skin against ultraviolet radiation
Bone metabolism is positively affected

Nutrients (per tablespoon):

0.7 milligrams manganese (33 percent Recommended Daily Value, or DV)
0.8 milligrams zinc (6 percent DV)
13.4 milligrams calcium (1 percent DV)
40.8 milligrams potassium (1 percent DV)
0.2 milligrams iron (1 percent DV)
2.8 milligrams magnesium (1 percent DV)

Did you know...

- Our cells have an affinity to maple syrup which means the nutrients in Nut-Nola and Seed-Nola can be easily absorbed.
- In studies comparing sweeteners, the pancreatic response to maple syrup is weak therefore protecting pancreatic functions.
- Low glycemic response supports greater benefits at the metabolic level.

NUTRIENT-DENSE, MAKES SENSE

SOAK AND SPROUT (the superfood difference)

In nature seeds, nuts, legumes (soy, peanuts, beans), grains (rice, oats) are equipped with a protective coating – phytic acid – an antinutrient to humans. Phytic acid is a chemical that nuts and seeds use to hold on to phosphorus.

Nuts and seeds hold on to phosphorus by way of this phytic acid like someone holding on to the handlebars on a roller coaster until the nut and seed lets go of the phytic acid and thus releasing its precious phosphorus to initiate new growth.

The release of the phytic acid occurs in acidic, wet soil.

So phytic acid is really good at holding on to phosphorus of which is a mineral— it also has the same mechanism for magnesium, calcium, zinc, selenium...any mineral!

Soaking an sprouting mimics the acidic, wet soil conditions to trigger the release of phytic acid.

With phytic acid present, digestion of nuts and seeds is not ideal. Also, absorption the amazing nutrient value from the nuts, seeds is inhibited – you don't get the optimal benefits eating unsoaked nuts and seeds.

So the array of nuts and seeds in Nut-Nola and Seed-Nola and their spectrum of minerals and vitamins are all bioavailable nutrients! Meaning, digestion is easy and you benefit from the nutrient-density.

No need to add or “fortify” Nut-Nola and Seed-Nola because each jar contains nature’s bounty of absorbable vitamins and minerals!

powerandbalancefitness.com

Organic, Gluten-Free...

Nut-Nola™

Grain-Free, Superfoods

Seed-Nola™

PALEO and
VEGAN-FRIENDLY

