

DELICIOUS 32 HEALTHY PUMPKIN RECIPES

Real Food Recipes



HEALTH BENEFITS OF PUMPKINS

The only difference between 100 grams of raw and cooked pumpkin is a 6-calorie increase in the raw form. So where do the nutrients come from? It's in the vitamins and minerals, including 0.5 grams of fiber and 426 micrograms of vitamin A.

Pumpkins also provide vitamin C, riboflavin, potassium, phosphorus and magnesium. Smaller but significant amounts of vitamin E (alpha tocopherol), thiamin, niacin, vitamin B6, folate and iron are present.

The bright orange color of the pumpkin also hints at the presence of a particularly beneficial phytonutrient: carotene. This converts to vitamin A in the body for a tremendous punch of antioxidants with the capacity to help reduce the risk of heart disease and cancer, as well slowing down the signs of aging, such as the formation of wrinkles.

Vitamin A is also a must for good vision and for helping to lower the risk of certain cancers. Flavonoids such as cryptoxanthin, lutein and zeaxanthin destroy harmful free radicals. Zeaxanthin and lutein, in particular, help protect the retina of the eye from macular degeneration.

Dried pumpkin seeds are not only a tasty, handy snack, but also a concentrated source of minerals and vitamins, with 30 grams of protein, 8.82 milligrams of iron and 559 calories in every 100-gram serving, but no cholesterol. The dietary fiber helps maintain regular waste elimination and helps keep the colon safe from diseases.

A special bonus in pumpkin seeds is the amino acid tryptophan, which, once in the brain, converts into serotonin, a nutrient that helps regulate brain function.

IMPORTANT • BUY ORGANIC INGREDIENTS

One of the most important decisions you can make when deciding what to eat, what to buy, and what to feed your family is to determine whether the food was conventionally or organically produced.

Choosing to eat organic is the first step in your quest for ultimate health and wellness. It will make you feel full of energy, lessens your risk of disease, and will liberate you from the chemicals the food industry adds to our foods.

When you switch to organic foods you immediately eliminate unnecessary and potentially harmful pesticides, toxins, high fructose corn syrup, genetically modified foods, antibiotics, growth hormones, petroleum based food chemicals and food grown on farms with depleted soil from your diet, which all have a combined negative impact on our health.

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PUMPKIN PIE SPICE

(EASY MIX FOR BAKING AND SO MUCH MORE!)

PREP TIME: 5 MINUTES COOK TIME: 0 MINUTES TOTAL TIME: 5 MINUTES SERVINGS: 18 TEASPOONS

If you love the convenience of a spice mix, this Pumpkin Pie Spice is one that you need to have on hand during the holiday season. It's perfect for making a pumpkin spice latte or pumpkin pie, without having to separately measure several jars of spices each time you're ready to bake.

INGREDIENTS *(organic when possible)*

- 3 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground cloves
- 1/2 teaspoon allspice

INSTRUCTIONS

1. Combine all of the spices in a small bowl and stir well to mix. (I like to use a whisk to break up any clumps.)
2. Transfer to a dry empty jar and secure the lid to store. Use it in any recipe that calls for pumpkin pie spice.

STORAGE

Dry ground spices should last for up to 2 years when stored correctly, but make sure you check the expiration date on your individual spices.



HOW TO COOK PUMPKIN (+ MAKE PUREE)

PREP TIME: 10 MINUTES COOK TIME: 45 MINUTES TOTAL TIME: 55 MINUTES SERVINGS: 4

Here's the best way to cook pumpkin! Roasted pumpkin is an easy way to make homemade pumpkin puree for pies, breads, and more.

INGREDIENTS *(organic when possible)*

1 (2 to 3 pound) sugar pumpkin

INSTRUCTIONS

HOW TO COOK A WHOLE PUMPKIN

1. Preheat your oven to 400°F and have a baking dish or pan ready.
2. Rinse off the pumpkin, then use a knife to stab the hard outer shell several times, to allow for ventilation.
3. Place the whole pumpkin on the pan or baking dish, then transfer to the oven to roast until tender, about 60 minutes. (Smaller pumpkins may cook in only 45 minutes.) The pumpkin is ready when the flesh is darker, and the skin can be easily pierced with a fork.
4. Cut the pumpkin in half, then allow to cool until you're able to handle it. Use a large spoon to scrape out the seeds, and reserve them for another use.
5. Once the seeds are removed, use the spoon to scrape out the cooked, tender pumpkin from the shell. You can transfer this to a food processor to puree until very smooth, then use it in your favorite pumpkin recipes! Pumpkin puree can be stored in the fridge for up to 1 week, or you can store it in the freezer for up to 1 year.

HOW TO COOK A HALVED PUMPKIN

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Cut the pumpkin in half, lengthwise or crosswise, avoiding the stem to make the cutting process as easy as possible. (It's okay if the halves aren't perfectly equal in size.) Scoop out the seeds, then arrange the halves cut-side-down on the pan.
3. Roast at 400°F until tender, about 45 minutes. A fork should easily pierce through the shell.
4. Let the pumpkin cool until you can handle it, then scoop out the tender insides and puree in a food processor until smooth. Use the puree in your favorite pumpkin recipes! Cooked pumpkin can be stored in an airtight container in the fridge for up to 1 week, or you can freeze it for up to 1 year.

NOTES

Want to use up your seeds? Check out the next recipe on how to make perfectly roasted pumpkin seeds.



ROASTED PUMPKIN SEEDS

(PERFECTLY CRISPY!)

PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES TOTAL TIME: 40 MINUTES SERVINGS: 3

Here's how to roast pumpkin seeds, so they turn out perfectly crunchy every time. Roasted pumpkin seeds are lightly salty and crispy, for a healthy snack, or salad topping!

INGREDIENTS *(organic when possible)*

- 3/4 cup raw pumpkin seeds (from a 2.5 to 3 pound pumpkin)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon garlic powder
- 1/4 to 1/2 teaspoon fine sea salt

INSTRUCTIONS

1. Scoop the seeds out of the pumpkin, if you haven't already, and place them in a fine mesh strainer. Rinse the seeds under running water, picking out any pumpkin pulp that might be stuck to them. You want the seeds to be very clean for best results, but you can pick off any remaining pulp when you dry them.
2. Transfer the seeds to a towel, and pat well to dry. If you're going to carve a pumpkin, feel free to let the seeds sit on the dry towel for up to 2 hours. The drier the seeds are, the crispier they will be when you roast them. Alternatively, you can place the seeds on the pan after towel-drying them, and let them roast in the oven at 300°F for 5 minutes, to help eliminate excess moisture faster.
3. Once the seeds are dry, preheat the oven to 350°F. Pour the dry seeds into a bowl, and toss with the olive oil, garlic powder, and salt. I usually use 1/2 teaspoon of salt for these (because I like salt!), but 1/4 teaspoon is sufficient if you're looking for a mildly salty snack.
4. Spread the seeds out into a single layer on the pan. They will tend to clump together, but do your best to separate them so they will get as crispy as possible. Roast at 350°F for 15 minutes.
5. When the timer goes off, remove the pan from the oven and use a spatula to stir the seeds, to help them crisp-up evenly. Return the pan to the oven, to bake for another 10 to 15 minutes. Watch closely towards the end of the cooking time, to make sure the seeds don't get too dark.
6. When the seeds are lightly golden, remove them from the oven and let them cool. The seeds will continue to crisp up as they cool down. Enjoy as a crunchy snack, or as a topping for salads and soup.
7. These pumpkin seeds never last longer than 3 days in my house, but I think they should keep well for at least a week in an airtight container. Store them in the fridge or freezer for a longer shelf life.

NOTES

I tested a sweet version of this recipe, but I found that maple syrup and coconut sugar tend to get dark much faster than the savory seasonings. Definitely don't bake them for more than 22-24 minutes, if you decide something sweet into the mix, and watch closely for them to turn dark.

A list of the 15 proven benefits of Pumpkin Seeds

- | | |
|---|--------------------------------|
| 1. Packed full of essential nutrients your body needs | 8. May improve sperm quality |
| 2. May reduce the risk of certain cancers | 9. Helps with weight loss |
| 3. Very high in magnesium | 10. Boosts the immune system |
| 4. Improves prostate and bladder health | 11. Aids a healthier pregnancy |
| 5. High in antioxidants | 12. Improves eye health |
| 6. Lowers blood sugar levels | 13. May help improve sleep |
| 7. Improves heart health | 14. Helps with diabetes |
| | 15. Improves bone health |



PUMPKIN LATTE OVERNIGHT OATS

PREP TIME: 5 MINUTES COOK TIME: 0 MINUTES TOTAL TIME: 5 MINUTES SERVINGS: 1

These Pumpkin Overnight Oats taste like your favorite seasonal coffee drink, with an extra serving of veggies in each bite. It's the perfect make-ahead breakfast for Fall!

INGREDIENTS *(organic when possible)*

- 1/2 cup old-fashioned rolled oats (certified gluten-free, if needed)
- 1/4 cup pumpkin puree
- 1/4 teaspoon pumpkin pie spice
- 1 tablespoon ground flax seeds
- 1/4 cup brewed coffee
- 1/4 cup non-dairy milk (I use almond milk)
- 1 tablespoon pure maple syrup

INSTRUCTIONS

1. In a jar that is 12-ounces or larger, combine the oats, pumpkin, pumpkin pie spice, ground flax, coffee, milk, and maple syrup. Stir well to combine.
2. Cover the jar with a lid and store in the fridge overnight. When you're ready to eat the next morning, you can grab a jar from the fridge and it's ready to eat right away! Serve with any extra toppings you like, such as chopped pecans or a spoonful of yogurt, for added creaminess. You can store overnight oats for up to 3 days in the fridge, so feel free to double or triple this recipe as needed, for an easier week!

NOTES

For a more filling breakfast, you can add a tablespoon of nut or seed butter, or a couple tablespoons of hemp hearts, which are a complete source of plant-based protein.



OAT FLOUR PUMPKIN BREAD

PREP TIME: 10 MINUTES COOK TIME: 55 MINUTES TOTAL TIME: 1 HOUR 5 MINUTES SERVINGS: 12

This Oat Flour Pumpkin Bread is gluten-free, and tastes just like the kind you'd buy at a coffee shop. I love the texture, and the perfect balance of sweetness and spice.

INGREDIENTS *(organic when possible)*

- 1/2 cups oat flour
- 3/4 cup pumpkin puree
- 1 cup maple syrup
- 4 teaspoons pumpkin pie spice
- 3 large eggs
- 1/4 cup melted coconut oil
- 2 teaspoons baking powder
- 1/2 teaspoon fine sea salt

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly spray a 9-inch by 5-inch loaf pan with oil. Press a piece of parchment paper into the bottom. The oil will hold it in place! In a large mixing bowl, combine the oat flour, pumpkin, maple syrup, spice, eggs, oil, baking powder, and salt. Mix well.
2. Pour the batter into the prepared pan, and use a spatula to smooth the top. Bake until the loaf rises and cracks on top, about 55 minutes at 350°F.
3. Let the pumpkin bread cool completely, as it will have a slightly gummy texture when it's warm. Slice the cooled bread and serve right away. Leftovers can be stored in an airtight container on the counter for up to 48 hours, or in the fridge for up to a week.



VEGAN PUMPKIN MUFFINS

PREP TIME: 10 MINUTES COOK TIME: 25 MINUTES TOTAL TIME: 35 MINUTES SERVINGS: 12

Vegan Pumpkin Muffins are like pumpkin bread, only they bake faster and are perfectly portioned! All you need is 7 ingredients to make this gluten-free Fall treat.

INGREDIENTS *(organic when possible)*

- 2 cups oat flour
- 1 cup pumpkin puree
- 3/4 cup maple syrup (at room temperature)
- 1/3 cup melted coconut oil
- 4 teaspoons pumpkin pie spice
- 2 teaspoons baking powder
- 1/4 teaspoon fine sea salt

INSTRUCTIONS

1. Preheat the oven to 350°F and line a muffin pan with 12 liners. In a large bowl, combine the flour, pumpkin, maple syrup, coconut oil, pumpkin pie spice, baking powder, and salt and use a whisk to mix it well, breaking up any clumps. This works best if your ingredients are at room temperature. If your maple syrup is cold from the fridge, it will cause the coconut oil to harden and thicken up the batter. (It should still bake fine, though!)
2. Divide the batter among the 12 muffin cups, filling them slightly over halfway full. Bake at 350°F for 25 minutes, or until the tops of the muffins rise and start to crack.
3. Let the muffins cool for at least 30 minutes before serving. Store them in an airtight container on the counter for up to 3 days, or in the fridge for up to a week. Baked goods made with oat flour tend to dry out over time, so these have the best flavor and texture the first day you make them!

NOTES

If you want to cut back on the maple syrup slightly, I've also had success using only 2/3 cup in this recipe.



PUMPKIN SPICE LATTE

PREP TIME: 3 MINUTES COOK TIME: 2 MINUTES TOTAL TIME: 5 MINUTES SERVINGS: 1

This Pumpkin Spice Latte recipe calls for just 5 simple ingredients, using home-brewed coffee. It's naturally sweet and more affordable than a store-bought latte!

INGREDIENTS *(organic when possible)*

- 1/2 cup milk (4 ounces; any type you prefer)
- 1/2 cup brewed coffee (4 ounces)
- 1 tablespoon pumpkin puree (19 grams)
- 1 tablespoon maple syrup (20 grams; plus more to taste)
- 1/4 teaspoon pumpkin pie spice

INSTRUCTIONS

1. In a small saucepan over medium-high heat, combine the ingredients and use a whisk to stir, incorporating everything smoothly.
2. As soon as the mixture starts to simmer, stir well to make sure it's evenly warmed up, then pour into a mug and serve right away. You can adjust the flavoring to taste, adding more maple syrup (I like an extra 1/2 tablespoon), or more spice, depending on your preference. You can also add more coffee for a stronger coffee flavor. This recipe is best served warm right away, as the pumpkin will start to separate as it sits, but you can simply give it a stir to reincorporate everything again.

NOTES

Prefer a stronger coffee flavor? You can make a blender version instead by combining 1 cup of brewed coffee, 1 teaspoon almond butter, 1 tablespoon pumpkin puree, 1 tablespoon maple syrup, and 1/4 teaspoon pumpkin pie spice. Blend until smooth and creamy, and serve right away for a more concentrated coffee flavor that tastes like it was made with espresso.



PUMPKIN CHEESECAKE (NO-BAKE!)

PREP TIME: 20 MINUTES TOTAL TIME: 20 MINUTES SERVINGS: 8

This Vegan Pumpkin Cheesecake is an easy no-bake dessert, with hints of Fall flavor. It's naturally sweetened and dairy-free, and you don't need any special equipment to make it.

INGREDIENTS *(organic when possible)*

GINGERBREAD CRUST

- 1.5 cups blanched almond flour (172 grams)
- 3 tablespoons melted coconut oil (31 grams)
- 2 tablespoons maple syrup (28 grams)
- 1 tablespoon blackstrap molasses (16 grams; optional)
- 1/4 teaspoon ground ginger (optional)
- 1/4 teaspoon fine sea salt (2 grams)

PUMPKIN CHEESECAKE FILLING

- 1 cup raw cashew butter (273 grams)
- 1/2 cup pumpkin puree (136 grams)
- 1/2 cup maple syrup (168 grams)
- 1/4 cup melted coconut oil (54 grams)
- 2 teaspoons pumpkin pie spice (4 grams)
- 1 teaspoon lemon juice (5 grams)
- 1/4 teaspoon fine sea salt (2 grams)

INSTRUCTIONS

1. Lightly spray a 7-inch springform pan with oil, then press a square of parchment paper into the bottom. To make the crust, stir together the almond flour, coconut oil, maple syrup, molasses, ginger, and salt. Press it firmly into the bottom of the prepared pan.
2. In the same bowl to prepare the cheesecake filling. Stir together the cashew butter, pumpkin, maple syrup, coconut oil, pumpkin spice, lemon juice, and salt. Mix until totally smooth, then pour it into the pan, over the crust.
3. Smooth the top with a spatula, then place the cheesecake on a flat surface in the freezer to chill until firm, about 2 to 3 hours.
4. When the cheesecake feels totally firm to the touch, remove it from the pan and slice. Serve chilled for the best texture; it will melt if you leave it at room temperature for too long, but after it's firm you can store it in the fridge if you'd prefer a softer texture. Leftovers can be stored in the freezer for up to 3 months when tightly covered.



PUMPKIN OATMEAL

PREP TIME: 5 MINUTES COOK TIME: 5 MINUTES TOTAL TIME: 10 MINUTES SERVINGS: 1

Pumpkin Oatmeal is a healthy breakfast, loaded with fiber and nutrients. Try setting out toppings and make your own breakfast bar for an easy holiday brunch!

INGREDIENTS *(organic when possible)*

1/2 cup old-fashioned rolled oats(57 grams)
1/4 cup pumpkin puree(66 grams)
1/4 teaspoon pumpkin pie spice(or more to taste)
1 to 2 tablespoons maple syrup(17 to 37 grams)
1 cup water or milk(8 ounces)
pinch of salt

INSTRUCTIONS

1. Combine the oats, pumpkin, spice, 1 tablespoon of maple syrup, water or milk, and salt in a small saucepan over medium-high heat.
2. Bring the mixture to a boil, then lower the heat and stir often so the oats don't stick to the bottom of the pan. It will take roughly 5 minutes to thicken.
3. Season to taste, adding more maple syrup, if desired. Serve with your favorite toppings, and extra milk, if you'd like a looser oatmeal texture. Leftovers can be stored in an airtight container in the fridge for up to 3 days.

NOTES

If you use quick-cooking oats, the oatmeal will be ready in less than 5 minutes. This recipe is very adaptable, so feel free to use what you have on hand!



VEGAN PUMPKIN TARTS

(FROZEN DESSERT!)

PREP TIME: 20 MINUTES TOTAL TIME: 20 MINUTES SERVINGS: 9

These Vegan Pumpkin Tarts are a healthy dessert, packed with Fall flavor! Just blend the ingredients together and pop them in your freezer for a fast, perfectly portioned treat.

INGREDIENTS *(organic when possible)*

FOR THE CRUST:

1 cup walnuts
1 tablespoon maple syrup
1 tablespoon coconut oil, melted
1/4 teaspoon salt

FOR THE FILLING:

1 cup pumpkin puree
2 to 4 tablespoons almond milk
1/4 cup coconut oil, melted
3/4 cup Medjool dates, pitted
1 teaspoon vanilla
2 teaspoons pumpkin pie spice

INSTRUCTIONS

1. Line a standard muffin tin with 9 parchment cups, and set aside.
2. In a large food processor, combine the walnuts, maple syrup, coconut oil, and salt together. Pulse briefly, until the dough sticks together when pinched between your fingers. Scoop the dough by heaping tablespoons into the 9 parchment cups and use your fingers to press down and form a crust for each cup. Place the pan in the fridge to set while you prepare the filling.
3. To prepare the filling, simply combine all of the ingredients in a blender, starting with just 2 tablespoons of almond milk, and blend until completely smooth. Add more almond milk, 1 tablespoon at a time, as needed, to make the filling blend smoothly. (If your dates aren't soft enough to blend easily, soak them in warm water for 10 minutes beforehand.)
4. Remove the pan of crusts from the fridge, and spoon the batter evenly into the 9 cups. Smooth the tops, then place in the freezer to set completely, about 2 hours.
5. When the center of the filling is firm to the touch, the tarts are ready to serve! Remove the paper cups while the pumpkin tarts are still frozen. They will get softer as they come to room temperature, so be sure to serve them within 15-20 minutes of pulling them out of the freezer. Leftovers can be stored in an airtight container in the freezer for up to 3 months.



PUMPKIN BAKED OATMEAL

(EASY BREAKFAST!)

PREP TIME: 10 MINUTES COOK TIME: 40 MINUTES TOTAL TIME: 50 MINUTES SERVINGS: 6

Pumpkin Baked Oatmeal is a convenient breakfast you can make for a crowd, or as an easy meal-prep option! It's naturally sweet and cholesterol-free.

INGREDIENTS *(organic when possible)*

- 2 cups old-fashioned rolled oats
- 2 tablespoons ground flax seeds
- 1/2 cup maple syrup
- 1/4 cup water
- 2 tablespoons melted coconut oil
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 (15 oz) can pumpkin puree
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries

INSTRUCTIONS

1. Preheat the oven to 350°F and grease an 8- or 9-inch square baking dish.
2. In a large bowl, combine the oats, flax, maple syrup, water, oil, salt, pumpkin pie spice, baking powder, vanilla, and pumpkin. Stir well, then fold in the pecans and cranberries, if using. (I like to reserve a handful of pecans for sprinkling on the top.)
3. Pour the oatmeal mixture into the greased pan, then smooth the top with a spatula. Sprinkle the reserved pecans over the top, if desired. Bake until golden on top, about 40 minutes at 350°F.
4. Let the baked oatmeal cool for 10 minutes, then slice and serve. If you'd like this to be slightly sweeter, you can serve with extra maple syrup for drizzling.
5. Leftover baked oatmeal can be stored in an airtight container in the fridge for up to 5 days, or you can freeze it for up to 3 months.

NOTES

This recipe has been tested with old-fashioned oats, not quick cooking oats. I imagine quick oats will work, too, but the texture might be slightly more mushy.



PUMPKIN SMOOTHIE

(TASTES LIKE PUMPKIN PIE!)

PREP TIME: 5 MINUTES COOK TIME: 0 MINUTES TOTAL TIME: 5 MINUTES SERVINGS: 1

This healthy Pumpkin Smoothie recipe takes just minutes to prepare, and tastes like you're drinking pumpkin pie with a straw!

INGREDIENTS *(organic when possible)*

1/3 cup pumpkin puree
1/2 teaspoon pumpkin pie spice
4 to 5 soft Medjool dates, pitted
2 tablespoons hemp hearts
3/4 cup almond milk
5 large ice cubes

INSTRUCTIONS

1. Combine the pumpkin, spice, dates, hemp hearts (if using), and almond milk in the blender. Blend until completely smooth.
2. Add in the ice, and blend again until the smoothie has a slushy texture. Serve right away for the best taste and texture.
3. Leftover smoothie can be stored in an airtight container in the fridge for up to 24 hours, but the texture will be very runny.



PUMPKIN ICE CREAM

PREP TIME: 10 MINUTES COOK TIME: 0 MINUTES PROCESSING TIME: 30 MINUTES
TOTAL TIME: 40 MINUTES SERVINGS: 8 (1/2 CUP SERVINGS)

This Vegan Pumpkin Ice Cream is naturally dairy-free and made with only 5 ingredients! It tastes better than pumpkin pie, and couldn't be easier to make.

INGREDIENTS *(organic when possible)*

- 1 cup cashews (not roasted or salted)
- 1 cup pumpkin puree
- 3/4 cup maple syrup
- 2 teaspoons pumpkin pie spice
- 3/4 cup water

INSTRUCTIONS

1. Before you get started, be sure to freeze the bowl of your ice cream machine at least 24 hours in advance, if your machine requires it. To prepare the ice cream, combine the cashews, pumpkin puree, maple syrup, pumpkin pie spice, and water in a high-speed blender and blend until smooth.
2. Pour the blended mixture into the frozen bowl of your ice cream machine, then process until the ice cream is thick and creamy, about 30 minutes.
3. You can serve this pumpkin ice cream right away for a soft-serve consistency, or transfer it to an airtight container with a lid and store it in the freezer for 2 to 4 hours for more firm, scoop-able consistency.
4. You can store this ice cream in the freezer for up to 3 months, but it does become more icy in texture over time, so it's slightly trickier to scoop later. Let it rest on the counter for 15 minutes, or until it's softer to scoop again.



How to Make an Ice Cream Float

With the popularity of the Pumpkin Spice Cream Cold Brew, I thought it might also be fun to serve this pumpkin ice cream as a "coffee float." Simply add a scoop of ice cream to your favorite black coffee, and then stir it in for a creamy pumpkin-flavored coffee creamer. I like a ratio of 8 ounces of cold coffee to 1 large scoop of ice cream, for a coffee that is lightly sweetened and creamy, but feel free to experiment with it!

You could also serve this as an affogato dessert, with a shot of hot espresso poured over a scoop of pumpkin ice cream. So good.



PUMPKIN PIE ICE CREAM

(RAW & VEGAN)

PREP TIME: 15 MINUTES TOTAL TIME: 15 MINUTES SERVINGS: 8

A creamy, dairy-free ice cream made with just a blender!

INGREDIENTS *(organic when possible)*

- 2 cups cashew butter (raw is best)
- 1 cup coconut milk (canned or you can make your own)
- 1 cup carrot juice
- 1/2 cup maple syrup
- 2 tbsp vanilla extract
- 1 tbsp cinnamon
- 2 tsp ginger
- 3/4 tsp nutmeg
- 1/4 tsp clove

INSTRUCTIONS

1. Combine all of the ingredients in a blender, and blend thoroughly.
2. Pour the mixture into a parchment paper lined loaf pan or a large bowl, then place in the freezer.
3. After about 2 and a half hours the consistency will be perfect. Like a pint of your favorite dairy ice cream after it sits out for a few minutes to thaw.



PUMPKIN PIE

(VEGAN, SOY-FREE!)

PREP TIME: 10 MINUTES COOK TIME: 50 MINUTES TOTAL TIME: 1 HOUR SERVINGS: 8

This Vegan Pumpkin Pie is the best recipe I've ever tasted! All you need is a handful of ingredients and a blender to whip it up. Date-sweetened and ultra-delicious.

INGREDIENTS *(organic when possible)*

- 1 (15 oz) can pumpkin puree
- 3/4 cup Medjool dates, pitted (about 6 oz by weight)
- 1/4 cup pure maple syrup (or use fresh puree)
- 1/4 cup coconut cream (the solid part in a can of chilled coconut milk)
- 3 tablespoons arrowroot starch (or cornstarch or tapioca)
- 1 3/4 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 1 (9-inch) unbaked pie crust

INSTRUCTIONS

1. Preheat the oven to 350°F and have a 9-inch unbaked pie crust ready to be filled.
2. Add all of the filling ingredients into a high-speed blender and blend until smooth. Stop and scrape down the sides, as needed, until you can no longer see any pieces of dates in the mixture.
3. Pour the filling directly into the unbaked pie crust, and smooth the top with a spatula. Bake for 45 to 50 minutes, until the top is darker and has set, and the crust is golden.
4. Let the pie cool at room temperature for up to an hour, then transfer it to the fridge to chill for at least 2 more hours before serving. (You can also make this the night before and let it chill overnight.)
5. Store leftovers in the fridge for up to 5 days, keeping it tightly covered.

NOTES

I do recommend keeping this pie chilled for the firmest texture, but it can be left on the counter for a few hours without getting too soft to serve.

If you can't have coconut milk, you can replace it with another non-dairy milk of your choice, just keep in mind that the resulting pie won't be as creamy.



SLOW COOKER PUMPKIN SOUP

PREP TIME: 15 MINUTES COOK TIME: 2 HOURS TOTAL TIME: 2 HOURS 15 MINUTES SERVINGS: 6 SERVINGS

This slow cooker pumpkin soup is an easy and comforting meal, made with ingredients you probably already have on hand. Only a few minutes of prep work required!

INGREDIENTS *(organic when possible)*

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped sweet onion (about 1 medium)
- 2 cloves garlic, minced
- 1 heaping tablespoon freshly minced ginger (or 2 teaspoons dried)
- 1 teaspoon ground turmeric
- 1 teaspoon ground cinnamon
- 2 (15 oz) cans pumpkin puree
- 2 to 4 tablespoons pure maple syrup
- 2 to 4 cups water (or vegetable broth)
- 2 teaspoons salt (start with less if using broth)
- 1/2 cup coconut milk

INSTRUCTIONS

1. Heat the olive oil in a skillet over medium heat, and saute the onion, garlic, and ginger until the onion is soft and translucent, about 5 to 8 minutes. Turn off the heat and stir in the turmeric and cinnamon, just to coat the vegetables in the spice.
2. Transfer the cooked vegetables and spices to the bowl of your slow cooker, then add in the pumpkin, 2 tablespoons of maple syrup, 2 cups of water, and 2 teaspoons of salt. (Use less salt if you choose to use vegetable broth, instead.)
3. Use a whisk to combine the soup ingredients, and if the mixture is looking very thick, add 1 more cup of water and stir again. (Remember that you'll be adding at least 1/2 cup more liquid at the end of this recipe, so don't make it too thin at this point.) Place the lid on top, and set the soup to cook for 2 hours on high, or for 4 hours on low.
4. When the cook time is complete, add in the coconut milk for creaminess. I like to use an immersion blender to completely puree the soup, making it extra smooth and creamy, but that's optional. Taste the soup at this point, and make adjustments as needed. If you added extra water, you'll probably need to add extra salt and possibly another tablespoon or two of maple syrup, to boost the flavor. Keep tasting and adjusting until the soup is flavorful and to your liking. (If you add too much salt, then extra sweetness will balance it out, and vice versa.) You can also add more water, a 1/2 cup at a time, if you want to thin-out the soup texture anymore.
5. Serve this soup warm, with a extra drizzle of coconut cream on top, and with crunchy pumpkin seeds and dried cranberries, if desired. (That's the way my husband likes it best!)
6. Leftover soup can be stored in an airtight container for up to 5 days in the fridge. It also makes a delicious pasta sauce the next day!

NOTES

I like the added creaminess from the coconut milk, but you can use almond milk, oat milk, or hemp milk in this recipe, if you prefer. If you don't need a dairy-free or vegan recipe, you can use real cream instead.



TUSCAN PUMPKIN PASTA SAUCE (VEGAN)

PREP TIME: 5 MINUTES COOK TIME: 10 MINUTES TOTAL TIME: 15 MINUTES SERVINGS: 4

This Fall-inspired pasta sauce marries pumpkin and tomato sauce, for an unexpectedly delicious combination! Don't be surprised when you want to lick your bowl clean. Dairy-free & ultra-tasty!

INGREDIENTS *(organic when possible)*

- 1 tablespoon extra virgin olive oil
- 1/2 yellow onion, chopped
- 1 clove garlic, minced
- 1 cup strained tomato (tomato puree)
- 1 cup pumpkin puree
- 1/4 cup water
- 1 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 4 teaspoons pure maple syrup
- 1/2 cup full-fat coconut milk
- 1 teaspoon fresh minced sage, plus extra for garnish

INSTRUCTIONS

1. Pour the olive oil into a large pot over medium heat, and saute the onion until tender, about 10 minutes. Add in the garlic and saute until fragrant, about 1 more minute.
2. Add in the tomato, pumpkin, water, salt, cinnamon, and maple syrup and bring the soup to a boil. Once boiling, lower the heat and stir in the coconut milk and minced sage.
3. Adjust any seasoning to taste and serve warm over your favorite pasta. (I'd recommend preparing a pound of pasta for this amount of sauce.)

Note: For a Paleo-friendly dish, serve this sauce over cooked spaghetti squash, or spiralized "noodles" made of zucchini, carrots, or sweet potato.



SWEET POTATO NOODLE CASSEROLE WITH CREAMY TUSCAN PUMPKIN SAUCE

PREP TIME: 15 MINUTES COOK TIME: 15 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 4

This sweet potato noodle recipe makes an easy vegan or vegetarian dinner, loaded with plant-based protein.

INGREDIENTS *(organic when possible)*

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 cup strained tomatoes
- 1 cup pumpkin puree
- 1/4 cup water
- 1 teaspoon fine sea salt
- 1/2 teaspoon ground cinnamon
- 1 tablespoon maple syrup
- 1/2 cup coconut milk (or coconut cream)
- 1 teaspoon fresh sage, minced
- 2 large sweet potatoes (about 2 pounds)
- 1 cup chopped kale
- 1.5 cups cooked chickpeas (or 115-ounce can, drained and rinsed)

INSTRUCTIONS

1. Peel and spiralize the sweet potatoes to make "noodles" then set them aside.
2. Heat the olive oil in a large skillet over medium heat and sauté the onion for 5 minutes, until it starts to soften. Add in the garlic and stir for another minute, just until fragrant.
3. Add in the strained tomato puree, pumpkin, water, salt, cinnamon, maple syrup, coconut milk, and sage, and stir well to create a creamy pumpkin sauce.
4. For an easy skillet meal, stir in the kale, sweet potato noodles, and chickpeas and bring the sauce to a boil. Cover with a lid and lower the heat to let the vegetables cook until the sweet potato noodles are as tender as you want them to be, about 10 to 15 minutes. Serve warm.
5. For a freezer meal, place the sweet potato noodles, kale, and chickpeas in a 9-inch by 13-inch casserole dish and pour the pumpkin sauce over the top. Stir well, then seal with an airtight lid and store the casserole in the freezer.
6. To reheat the frozen casserole, transfer it to the fridge to thaw overnight for even cooking. Once thawed, place the cold casserole in a cold oven (so the glass won't shatter from a drastic temperature change) and set the temperature to 350°F. Bake until warm and bubbly, about 45 to 60 minutes, stirring halfway through the baking time to ensure even baking. Serve warm with any other toppings you like.

NOTES

If you don't want to use kale, you could use fresh spinach or collard greens instead, or add in any other vegetables you love.



PUMPKIN PANCAKES

(GRAIN-FREE)

PREP TIME: 20 MINUTES COOK TIME: 10 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 2

With an added punch of vitamins, and the rich flavor of Fall, these protein-rich pancakes are sure to be a hit with the whole family!

INGREDIENTS *(organic when possible)*

- 1/2 cup almond butter
- 1/2 cup pumpkin puree
- 2 whole eggs
- 1/2 teaspoon baking soda
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey, or organic stevia to taste

INSTRUCTIONS

1. Preheat your oven to 350F, and line a baking sheet with parchment paper.
2. In a medium bowl, combine all of the ingredients and mix until a smooth batter forms.
3. Use a 1/4 cup to scoop the batter on the parchment-lined baking sheet, forming about 4 pancakes per baking sheet. (I use two pans, to bake them all at once!)
4. Bake for 10-12 minutes, until the pancakes are fluffy and golden. No need to oil a frying pan, and no need for flipping. It doesn't get much easier than that!
5. Serve warm, with pure maple syrup or maple pecan glaze.



HEALTHY BAKED PUMPKIN DONUTS

(GLUTEN-FREE & VEGAN!)

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 6 DONUTS

These baked donuts are gluten-free and naturally sweetened with coconut sugar for a healthy morning treat. Ready in just about 30 minutes!

INGREDIENTS *(organic when possible)*

- 3/4 cup gluten-free oat flour
- 1/2 cup pumpkin puree
- 1/2 cup coconut sugar
- 1/4 cup coconut oil (melted), plus extra for greasing
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1/8 teaspoon fine sea salt
- 1/4 teaspoon baking soda
- 1/2 teaspoon vanilla extract
- 2 teaspoons apple cider vinegar

INSTRUCTIONS

1. Preheat the oven to 350°F and generously grease a donut pan with melted coconut oil.
2. In a large mixing bowl, combine the oat flour, pumpkin, sugar, melted oil, cinnamon, ginger, cloves, salt, baking soda, vanilla, and vinegar and stir well until a uniform batter is formed.
3. Transfer the batter to a large plastic bag (or a piping bag for frosting) and cut off one of the bottom corners so that you can pipe the batter into the donut pan. Pipe the batter into the 6 donut wells— this should use all of the batter completely.
4. Bake the donuts until they are lightly golden and feel firm to the touch, about 18 to 20 minutes. Cool for at least 15 minutes before removing them from the pan.
5. I think the donuts are easiest to remove by twisting them clockwise in the pan, to help loosen them. Then place a wire rack or plate on top of the pan and flip it over so that the loosened donuts will release from the pan and fall on to the plate.

NOTES

Top with extra coconut sugar or Maple Pecan Glaze and serve. Leftover donuts can be stored in an airtight container on the counter for up to 3 days, or in the fridge for up to 2 weeks.



PUMPKIN SEED GRANOLA

(GRAIN-FREE!)

PREP TIME: 5 MINUTES COOK TIME: 25 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 4

This Pumpkin Seed Granola is a grain-free recipe that you can make in just 30 minutes. I love how it's naturally sweetened and will keep you full for hours!

INGREDIENTS *(organic when possible)*

- 1/2 cup pumpkin seeds
- 1 cup shredded unsweetened coconut
- 3 tablespoons chia seeds
- 1/4 cup sunflower seeds
- 1 teaspoon ground cinnamon (or pumpkin pie spice)
- 1/4 teaspoon sea salt
- 1/4 cup pure maple syrup

INSTRUCTIONS

1. Preheat your oven to 300F and line a large baking sheet with parchment paper.
2. Combine the pumpkin seeds, shredded coconut, chia seeds, sunflower seeds, cinnamon, and salt in a large bowl, and stir well to combine.
3. Add in the maple syrup, and stir again until all of the ingredients have been coated. This will help everything stick together, but the mixture won't look very wet.
4. Transfer the mixture to the prepared baking sheet, and spread it out into a flat, even layer. Bake at 300°F for 25 minutes, or until the granola looks lightly golden.
5. Let the granola cool completely. It will firm up as it cools, and then you can break it into pieces and store it in an airtight container. This will last for up to a week when stored at room temperature, or you can store it for up to a month in the fridge. (You can probably freeze it for up to 3 months, too, if you want to make a larger batch.)
6. Serve with almond milk and sliced bananas, or any other toppings you like!

NOTES

You can swap the seeds in this recipe for any other nut or seed you have on hand. If using a large nut, like walnuts or pecans, I suggest chopping them up with knife to make smaller pieces that will stick together easier in this granola recipe.



NO-BAKE PUMPKIN ENERGY BITES

PREP TIME: 5 MINUTES TOTAL TIME: 10 MINUTES SERVINGS: 24

These energy bites are the perfect fall snack when you are craving a delicious treat! They are dairy free, naturally sweetened with dates, and paleo and vegan-friendly.

INGREDIENTS *(organic when possible)*

- 1 cup hulled sunflower seeds
- 1 cup dates, pitted (about 7 ounces)
- 1/2 cup unsweetened shredded coconut
- 1/4 cup pumpkin puree
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- pinch of nutmeg
- pinch of salt

INSTRUCTIONS

1. Place the sunflower seeds in the bowl of a large food processor fitted with an "S" blade and process them into a fine flour. Add in the dates, coconut, pumpkin, vanilla, cinnamon, ginger, nutmeg and salt and process until a sticky dough is formed. At this point, you can taste the batter and see if you'd like to make any adjustments— add in more nuts for a drier texture, more dates for sweetness, or more spice to taste.
2. Use a one-inch cookie scooper to drop the dough onto a baking sheet that has been lined with parchment paper, making roughly 24 balls. Place them in the freezer to set until firm, about 2 hours. Serve chilled for best texture. (They will soften at room temperature but they're still tasty!) When stored in an airtight container in the freezer, these bites should keep well for at least 6 months.

NOTES

I used sunflower seeds in this recipe to keep it nut-free, but I imagine using pecans or walnuts would make it taste even better! Feel free to use any nut or seed of your choice.



PUMPKIN PIE OVERNIGHT CHIA/OATS

PREP TIME: 6 HOURS TOTAL TIME: 6 HOURS 20 MINUTES SERVINGS: 2

The creamy, delicious flavors of pumpkin pie infused into wholesome overnight oats. Naturally sweet, subtly spiced, fiber-rich, and SO delicious!

INGREDIENTS

- 1/2 cup unsweetened plain almond milk (or sub other neutral dairy-free milk)
- 1/2 cup pumpkin purée
- 1 Tbsp creamy unsalted almond butter (or cashew butter)
- 1 Tbsp chia seeds
- 1 1/2 Tbsp maple syrup
- 3/4 – 1 1/4 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1/2 cup rolled oats (certified gluten-free as needed)

TOPPING

- 1/2 cup raw pecans, roughly chopped
- 1 Tbsp maple syrup
- 1 tsp pumpkin pie spice
- 1/4 cup plain or vanilla coconut yogurt

INSTRUCTIONS

OATS

1. To a small bowl add almond milk, pumpkin purée, almond butter, chia seeds, maple syrup, pumpkin pie spice, and vanilla and stir with a spoon to combine. Add oats and stir a few more times.
2. Get two small mason jars or small bowls with lids, and divide the oats equally between them. Then press the oats down with a spoon to ensure all oats have been moistened and are immersed in liquid. Cover securely with lids or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.

CANDIED PECANS

1. Add roughly chopped pecans to a nonstick skillet over medium-low heat and toast them, stirring occasionally, for about 3 minutes. You should be able to smell the pecans slightly when they've gotten toasty! Turn the heat down to low, add the maple syrup, and mix quickly to evenly coat the pecans. Spread them out so they are not in any large clumps, then add the pumpkin pie spice and mix once more. Remove from heat and let cool completely. Store in an airtight container.
2. The next day, open your oats and top with the candied pecans and coconut yogurt. Enjoy!
3. Overnight oats will keep in the refrigerator for 2-3 days, though best within the first 12-24 hours in our experience. Not freezer friendly.



PUMPKIN CHOCOLATE CHIP COOKIES

(EGG-FREE, GRAIN-FREE, NUT-FREE)

PREP TIME: 5 MINUTES COOK TIME: 15 MINUTES TOTAL TIME: 20 MINUTES SERVINGS: 10

These cookies are allergy-friendly and perfect for Fall!

INGREDIENTS *(organic when possible)*

5 tablespoons coconut flour
5 tablespoons water
1/4 cup arrowroot starch
6 tablespoons coconut sugar
1/4 cup pumpkin puree
2 tablespoons melted coconut oil
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon ground cloves
1/2 cup dark chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350F and line a baking sheet with parchment paper. Combine the flour, water, arrowroot, sugar, pumpkin, coconut oil, and spices in a large bowl, and mix well until a thick and uniform dough is formed. (The coconut oil may clump, depending on the temperature of the water you use, so be sure to mix well until all of the clumps are gone.) Stir in the chocolate chips, then spoon the batter onto the lined baking sheet, using your hands to flatten and shape the dough— these cookies won't spread much.
2. Bake at 350F for 15 minutes, then remove the pan from the oven and allow the cookies to cool for at least 15 minutes before attempting to remove them from the pan. These cookies will be very soft to the touch at first, but will firm up as they cool. The final texture should be dry and firm on the outside, and moist and chewy on the inside.
3. Store any remaining cookies in a sealed bag for up to 2 days at room temperature, or up to 2 weeks in the fridge.



QUINOA PUMPKIN PORRIDGE

PREP TIME: 5 MINUTES COOK TIME: 15 MINUTES TOTAL TIME: 20 MINUTES SERVINGS: 2

A Fall inspired breakfast cereal that's loaded with protein and fiber.

INGREDIENTS *(organic when possible)*

- 1 cup dry quinoa, soaked in water for up to 24 hours
- 1/2 cup pumpkin puree
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Pinch of ground cloves
- 3 to 4 tablespoons pure maple syrup

INSTRUCTIONS

1. Cover the dry quinoa with water and allow it to sit and soak on the counter for at least one hour. You are welcome to soak the quinoa longer, even overnight or up to 24 hours, but in that case you'll want to store the soaking quinoa in the fridge. Drain the soaked quinoa and rinse well with fresh water. Place the drained quinoa in a 2-quart saucepan over the stove and add 1 3/4 cup water. Bring the mixture to a boil, then cover and reduce the heat to low, allowing the quinoa to cook for 15 minutes, or until all of the liquid has been absorbed.
2. Stir in the pumpkin, cinnamon, ginger, cloves, and maple syrup and adjust the flavors to taste, if necessary. Serve warm!

NOTES

- For a creamier pudding, replace the water with coconut or almond milk.
- Feel free to replace the maple syrup with any sweetener of your choice, such as honey, coconut nectar, or stevia. Just taste it as you go!



HEALTHY PUMPKIN MUFFINS

(GLUTEN-FREE & FRUIT-SWEETENED)

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 7

These healthy pumpkin muffins are naturally gluten-free and nut-free, and make the perfect treat for a school lunch. I love that they are sweetened with fruit, and are made without added flour or oil.

INGREDIENTS *(organic when possible)*

3/4 cup Medjool dates, pitted (6 ounces)
1/2 cup pumpkin puree (not pie filling)
2 tablespoons water
1/2 teaspoon salt
1/2 teaspoon pumpkin pie spice
1/2 teaspoon vanilla extract
1 egg
1 cup quick-cooking oats
1/2 teaspoon baking soda

OPTIONAL ADD-INS

1/3 cup dried fruit (like raisins or cranberries)
1/4 cup hulled pumpkin seeds

INSTRUCTIONS

1. Line a muffin tin with 7 muffin cups (I use these silicone liners) and preheat your oven to 350°F. Place the dates in a large food processor fitted with an S blade, and process them until broken down slightly. It's okay if they form a ball.
2. Use a spatula to break up the dates if they have formed a ball, then add in the pumpkin, water, salt, pumpkin pie spice, vanilla, and egg. Process again until smooth.
3. Add in the oats and baking soda to the mixture and process again, until a batter is formed. If the batter appears very thick, you can add 1-2 more tablespoons of water to help thin it out a bit. Fold in the dried fruit and seeds, if you want to add them for added texture. (Omit if you have picky kids that don't like texture.)
4. Use a 1/4 cup to scoop the batter into the lined muffin cups. Bake until the muffins have risen and feel firm when you lightly touch them in the center, about 20 to 22 minutes. Let them cool for at least 20 minutes in the pan before serving.
5. Muffins can be stored at room temperature for a couple of days, but for best shelf life I recommend storing them in an airtight container in the fridge for up to one week.

NOTES

- This recipe makes about 20 mini muffins, and I bake them at 350°F for 13 minutes in that case.



GLUTEN-FREE PUMPKIN BARS

(VEGAN!)

PREP TIME: 10 MINUTES COOK TIME: 35 MINUTES TOTAL TIME: 45 MINUTES

Gluten-free, Dairy-free, Soy-free, Egg-free, Vegan

These gluten-free pumpkin bars are made with almond flour (and no eggs!) for a healthy vegan treat. They're moist, naturally sweetened, and taste amazing!

INGREDIENTS *(organic when possible)*

- 2 cups blanched almond flour
- 1/4 cup arrowroot starch
- 3/4 cup coconut sugar
- 1/2 teaspoon baking soda
- 1.5 teaspoons ground cinnamon
- 1/2 teaspoons ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon fine sea salt
- 1/2 cup pumpkin puree
- 2 tablespoons melted coconut oil

INSTRUCTIONS

1. Preheat the oven to 350°F and line a 9-inch square baking dish with parchment paper.
2. In a large mixing bowl, whisk together the almond flour, arrowroot, coconut sugar, baking soda, cinnamon, ginger, cloves, and salt.
3. Add in the pumpkin and coconut oil and stir well until a thick, moist batter is formed. (It will feel crumbly at first, so keep mixing until it's thick and uniform.)
4. Transfer the batter to the lined pan and use a spatula to spread it evenly into the pan, smoothing the top. Bake until the top feels firm to a light touch, about 35 minutes.
5. Let the bars cool completely before slicing into them, as they are very fragile when warm. They will firm up when they cool, so you may even want to place them in the fridge to speed up the process. Slice and serve as is, or top them with a dairy-free frosting for a more decadent treat.



COCONUT FLOUR PUMPKIN SPICED MUFFINS

(GLUTEN-FREE)

PREP TIME: 5 MINUTES COOK TIME: 25 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 12

Coconut Flour Pumpkin Muffins are naturally gluten-free and Paleo friendly. They make a great protein-packed treat that's bursting with pumpkin spice flavor!

INGREDIENTS *(organic when possible)*

- 3/4 cup coconut flour
- 1/2 cup pumpkin puree (canned or homemade)
- 3/4 cup maple syrup
- 6 eggs
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 3/4 teaspoon baking soda
- 1 teaspoon apple cider vinegar (or lemon juice)

INSTRUCTIONS

1. Preheat the oven to 350F and line a standard muffin tin with 12 parchment or silicone baking cups. (I use these silicone cups.) In a large mixing bowl, combine all of the ingredients and stir well with a whisk to break up any clumps.
2. Divide the batter into the 12 baking cups, then bake at 350F for 25 to 30 minutes, until the edges are golden and the centers are firm. Allow to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.
3. Store the muffins in a sealed container in the fridge for up to one week, or in the freezer for up to 6 months.



PUMPKIN PIE COOKIES

(VEGAN, GRAIN-FREE)

PREP TIME: 10 MINUTES COOK TIME: 15 MINUTES TOTAL TIME: 25 MINUTES SERVINGS: 24

Egg- and grain-free these cookies are lightly sweetened with pure maple syrup, and loaded with nutrient-rich pumpkin. The result is a soft cookie with a pumpkin-pie-like center!

INGREDIENTS *(organic when possible)*

1 cup creamy almond butter
1/2 cup pumpkin puree
1/4 cup pure maple syrup (or sweetener of choice)
2 teaspoons pumpkin pie spice
1 teaspoon vanilla extract
1/4 teaspoon sea salt
optional: 1/2 cup dark chocolate chips

INSTRUCTIONS

1. Preheat your oven to 350F, and line a baking sheet with parchment paper, or a Silpat.
2. Combine all of the ingredients in a medium bowl, and mix until a thick batter is formed. If adding the dark chocolate chips, fold them in last.
3. Note: Because this batter is egg-free, feel free to taste-test it at this point, and adjust the flavors to your preference.
4. Using a tablespoon or cookie scoop, drop the batter onto the lined baking sheet, and gently press each mound with a wet fork (to prevent sticking) to flatten.
5. Bake at 350F for 12-15 minutes, until the edges are golden.
6. Allow to cool completely before using a spatula to remove from the baking sheet. Serve immediately, or for a firmer cookie, chill before serving.

NOTES

- For longer shelf life, and a firmer cookie, we prefer to store these in the freezer and serve them frozen!



PUMPKIN SCONES WITH CREAMY MAPLE GLAZE

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES TOTAL TIME: 30 MINUTES SERVINGS: 8

Gluten-Free, Vegan

These scones are a delicious fall treat perfect for breakfast!

INGREDIENTS *(organic when possible)*

PUMPKIN SCONES:

- 2 cups gluten-free oat flour*
- 1 cup coconut sugar
- 1/2 cup coconut oil, chilled
- 1/2 cup pumpkin puree
- 2 teaspoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon cloves
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 tablespoon apple cider vinegar

CREAMY MAPLE GLAZE:

- 2 tablespoons raw cashew butter
- 1 tablespoon arrowroot
- 1 tablespoon maple syrup
- 2 to 3 teaspoons water

INSTRUCTIONS

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper or a silicone liner. In the bowl of a large food processor fitted with an "S" blade, process together the flour, sugar, and coconut oil until crumbly. Add in the pumpkin, cinnamon, ginger, cloves, salt and baking soda and process again until a thick dough is formed. Add in the vinegar last, and process once more to incorporate it thoroughly.
2. Use a heaping 1/4 cup to scoop the dough and drop it into 8 evenly-sized mounds on the lined baking sheet. Bake until the centers of the scones are firm to the touch and your kitchen is filled with a fragrant Fall scent, about 20 minutes. Allow the scones to cool completely before topping with the Creamy Maple Glaze.
3. To prepare the glaze, stir together the cashew butter, arrowroot, maple syrup and 2 teaspoons of water. Add more water if needed to thin, then spoon the glaze over each scone and serve. Thanks to the use of arrowroot, this glaze will "set" to an extent, similar to a glaze made with powdered sugar, after a few hours. (I noticed the glaze was dry to the touch after 4 hours.)
4. These scones can be stored at room temperature for up to 3 days, or in the fridge for up to one week.

NOTES

- You can make your own oat flour by simply grinding gluten-free rolled oats in a blender or food processor.



PALEO PUMPKIN CHOCOLATE CHEESECAKE

PREP TIME: 20 MINUTES TOTAL TIME: 20 MINUTES SERVINGS: 12

A creamy pumpkin cheesecake with a decorative chocolate topping.

INGREDIENTS *(organic when possible)*

CRUST

1 1/2 cups almond flour
3 tablespoons melted coconut oil
2 tablespoons pure maple syrup
pinch of salt

CHOCOLATE TOPPING

2 tablespoons cocoa powder
2 tablespoons melted coconut oil
1 1/2 tablespoons pure maple syrup

PUMPKIN FILLING

2 cups raw cashews, or 1 cup raw cashew butter
1/2 cup pumpkin puree
1/2 cup pure maple syrup
1/4 cup melted coconut oil
1 teaspoon ground cinnamon
1 teaspoon fresh lemon juice
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1/8 teaspoon sea salt

INSTRUCTIONS

1. To prepare the crust, line a springform pan with parchment paper and combine all of the ingredients in a medium mixing bowl creating a shortbread-like dough. Press the dough into the bottom of the pan evenly, creating a thin crust, and set it aside.
2. To prepare the pumpkin filling, grind the cashews in a blender or food processor until they are very finely ground (it's okay if they start to turn into cashew butter). Add in the rest of the filling ingredients and blend until smooth, stopping to scrape down the sides of the container if necessary. If you're using cashew butter, you can skip the blender and just mix all of the filling ingredients together in a bowl until very smooth. Pour the filling over the crust and use a spatula to spread the filling to the edges and smooth the top. Set aside.
3. To prepare the chocolate topping, combine the three ingredients in a small bowl and stir well to combine. Transfer the chocolate to an icing bag or to a plastic sandwich bag with the tip cut off. Pipe the chocolate topping in a spiral design, starting from the center and working your way towards the edge of the cheesecake. Drag a knife from the center of the spiral to the edge of the pan, almost like you're slicing it into pieces to create a spider web-like design. (Even with my splotchy icing skills, I think the result still looks pretty impressive, so it's hard to mess this up!)
4. Place the pan in the freezer to set until firm, about 4 to 6 hours or overnight. Once firm, you can transfer the cheesecake to the fridge for a softer more cheesecake-like texture, but keep in mind that this cake will start to melt at room temperature, so serve it quickly after slicing. (You can serve it directly from the freezer, too, but the flavors aren't as strong when frozen— it gets better after sitting on the counter for about 10 minutes.) I'd recommend storing any leftovers in the fridge for up to a week, but if you want to store it longer it should keep indefinitely in the freezer when stored in an airtight container.



PUMPKIN WAFFLES

GLUTEN-FREE, VEGAN (FREEZER FRIENDLY)

PREP TIME: 10 MINUTES COOK TIME: 15MINUTES TOTAL TIME: 25 MINUTES

These Gluten-Free Vegan Pumpkin Waffles are easy to make with a crispy exterior and a warm, fluffy inside. They're freezer-friendly too, making them perfect for meal prep!

INGREDIENTS *(organic when possible)*

- 1 cup (8 ounces) almond milk or dairy-free milk of choice
- 1 teaspoon apple cider vinegar
- 1/3 cup pumpkin puree
- 1/4 cup refined coconut oil, melted
- 1/4 cup coconut sugar
- 2 cups blanched almond flour
- 3/4 cup tapioca flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon cream of tartar
- 1/4 teaspoon sea salt
- 1/8 teaspoon nutmeg

INSTRUCTIONS

1. Plug in your waffle iron to let it heat up while you prepare the batter.
2. In a small bowl or liquid measuring cup, combine the dairy-free milk of your choice and apple cider vinegar and let stand for 3 minutes. Whisk in the pumpkin puree, melted coconut oil, and coconut sugar.
3. In a separate bowl, whisk together the almond flour, tapioca flour, baking powder, cinnamon, cream of tartar, sea salt, and nutmeg.
4. Add the wet ingredients to the dry ingredients and whisk to combine.
5. Let the batter stand for a few minutes to thicken up.
6. Lightly grease the waffle iron and add enough waffle batter to fill the waffle cavity. Cook according to waffle iron's directions, until golden brown and crispy. In my waffle iron, this takes between 4 and 5 minutes.
7. Repeat until all of the batter is gone, adding more oil (if needed) between each waffle.
8. Serve with your desired toppings while the waffles are still warm.

TO FREEZE THE WAFFLES

1. Let the waffles cool completely before placing in an airtight container or zip bag. Place in the freezer.
2. To reheat, toast at 350°F for 5 to 10 minutes or until heated through and crisped to your liking. Best used within 3 months.

VEGAN CREAM CHEESE FROSTING (NUT-FREE!)

PREP TIME: 15 MINUTES TOTAL TIME: 15 MINUTES SERVINGS: 24

This Vegan Cream Cheese Frosting is made with just 6 all-natural ingredients, for a healthy frosting that tastes like cream cheese. Made with sweet potatoes!

INGREDIENTS *(organic when possible)*

- 1 large Hannah sweet potato (white flesh)
- 1/2 cup maple syrup (at room temperature)
- 6 tablespoons coconut oil (melted)
- 2-4 tablespoons water
- 1 teaspoon fresh lemon juice
- 1 teaspoon apple cider vinegar
- 1/8 teaspoon salt

INSTRUCTIONS

1. To prepare the sweet potato, peel and cut it into 1-inch chunks. In a pot fitted with a steamer basket, bring 1-inch of water to a boil and steam the potato chunks until fork-tender, about 10-15 minutes.
2. Transfer the steamed potato chunks into a 1-cup measuring cup and mash them with a fork to tightly pack the cup all the way to the top. (Reserve any remaining sweet potato for a future smoothie or salad topper.)
3. Transfer the mashed sweet potato to a blender, and add in the maple syrup, coconut oil, 2 tablespoons of water, lemon juice, apple cider vinegar, and salt. Blend until silky smooth.
4. If the mixture isn't blending well, add more water 1-2 tablespoons at a time until very smooth. Be careful not to add too much water or the frosting will be too runny. Once smooth, transfer the frosting to an airtight container to store in the fridge.
5. This frosting will thicken overnight and can be spread over your favorite cakes, bars, or cookies. Be sure to keep the frosting refrigerated for best texture, though it can sit out at room temperature for several hours for serving. It should last up to a week when stored in the fridge.



MAPLE PECAN GLAZE (DAIRY-FREE)

PREP TIME: 5 MINUTES TOTAL TIME: 5 MINUTES SERVINGS: 1 CUP

This rich, maple glaze is the perfect complement to your favorite baked goods this Fall.

INGREDIENTS *(organic when possible)*

3/4 cup pecans
1/4 cup pure maple syrup
2 Tablespoons coconut oil
1/4 cup water
1 teaspoon vanilla extract
Pinch of sea salt

INSTRUCTIONS

Combine all of the ingredients in a high-speed blender, and blend until smooth and creamy.

The glaze may be used immediately, but will thicken up when chilled. Store any leftovers in the fridge for up to 4 days.



COCONUT WHIPPED CREAM (DAIRY-FREE!)

PREP TIME: 10 MINUTES TOTAL TIME: 10 MINUTES SERVINGS: 8

Coconut Whipped Cream is the perfect dairy-free topping. It's light and fluffy, and perfect on hot chocolate, holiday pies, pudding, and more!

INGREDIENTS

- 1 can of full-fat coconut milk (chilled; cream only)
- 1 to 2 tablespoons pure maple syrup
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. Start with a chilled can of coconut milk, that has been stored in the fridge overnight. (You can also freeze it for 30 to 60 minutes to speed the process.) When you remove the chilled can, be careful not to shake it. You want the cream that floats to the top to stay separated from the liquid portion at the bottom.
2. Carefully open the can of coconut milk and scoop the thickened cream into a large bowl. The amount of cream may vary in each can, but you should get roughly 1 cup (give or take) of coconut cream per 15 oz. can. Reserve the remaining liquid in the bottom of the can for a morning smoothie.
3. Add the pure maple syrup and vanilla extract to the coconut cream in the bowl. Use an electric mixer to beat everything together until smooth. This should take 1 to 2 minutes. Taste and add more sweetener, if needed.
4. Serve the coconut whipped cream right away, or store it in an airtight container in the fridge for up to a week. The cream will thicken up even more when chilled, but you can whip it again to help it fluff up, or just let it sit on the counter for 15 minutes, and stir well. For a "piped" look, scoop the cream into a piping bag with a frosting tip, and squeeze it onto your favorite desserts. (See brand recommendations in this post to see which brand of coconut milk works best for this.)



NOTES

- I also tested this recipe with organic powdered sugar, and 1/4 cup will work as an alternative to the maple syrup. I assume honey would also work, if you don't need this recipe to be vegan.