



# Pumpkin Perfection



# INTRODUCTION

## PUMPKIN PERFECTION

Welcome to our family cookbook!

This cookbook is a collection of my best pumpkin recipes, the ones that have stood the test of time, fed hungry kids, and made life just a bit more fun during the best days of fall. These are the recipes I turn to when we want a pumpkin treasure to eat.

You won't find fancy ingredients or complicated techniques here, just simple, tried-and-true recipes that bring comfort to the table. From snack time to harvest parties, these are the dishes that have filled our kitchen with good smells and happy memories.

I hope this cookbook helps make your autumn meals more enjoyable and a lot more delicious!

Melissa



I'm Melissa, the creator of [Bless This Mess](#), a food blog I started over twelve years ago to help busy moms make meals that are simple, delicious, and stress-free.

As a mom of five, I know firsthand how chaotic dinnertime can get, and how good it feels to have a plan and a pot of something comforting ready to go. My goal has always been to help make dinner doable, so that everyone (even Mom!) can sit down and enjoy it.

After years of living in the desert and building our dream home from the ground up, my family and I traded the red rocks of Southern Utah for the green hills of Vermont. These days, we're settling into small-town life, raising kids, baking sourdough, and finding joy in the slower pace and beauty all around us.

When I'm not testing recipes, you'll usually find me reading aloud to the kids, walking our dogs through the maple trees, or planning our next meal together.

Thanks for being here,

*Melissa  
Griffiths*



Muffins and Bread



# HEALTHY PUMPKIN MUFFINS



**Prep**  
10 min



**Cook**  
25 min



**Total Time**  
35 mins



**Serves**  
12 muffins

## INGREDIENTS

- ⅓ cup melted coconut oil
- ½ cup real maple syrup
- 2 eggs
- 1 cup pumpkin puree
- ¼ cup milk of choice, (I used almond milk.)
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 ¾ cups whole wheat pastry flour or regular whole wheat flour
- ⅓ cup old-fashioned oats, plus more for sprinkling on top

## DIRECTIONS

1. Preheat oven to 325°. Grease a 12-cup muffin tin well and set aside.
2. In a medium bowl, add the melted coconut oil, pure maple syrup, egg, pumpkin puree, milk and vanilla. Whisk to combine well.
3. In a large bowl, add the soda, salt, cinnamon, flour, and oats. Stir to combine.
4. Add the wet ingredients to the dry ingredients and stir until just combined. Don't over mix here.
5. Divide the batter among the 12 muffin cups. Sprinkle with additional oats.
6. Bake for 22-25 minutes, or until a toothpick inserted into the center comes out clean and the muffins spring back when lightly touched.
7. Let the muffins cool for 5 minutes in the pan and then remove and allow them to cool on a wire rack. Enjoy warm or at room temperature.

## NOTES

- **Extra Muffins:** If you want to use up the whole (15 ounce) can of pumpkin in one baking session, just double this recipe and add the entire can instead of 1 cup. You'll get 24 muffins, perfect for a make ahead prep.
- **Chocolate-y Muffins:** If you want these to taste more like dessert, try adding in 1 cup of good chocolate chips. Pumpkin and chocolate are always a good idea in my book!
- **No Sticking:** Grease your muffin tin really well with coconut oil or cooking spray, making sure to get into all the corners. You can also use paper muffin liners for easy removal, though I find greasing the pan gives you those beautiful golden edges.

# WHOLE WHEAT PUMPKIN MUFFINS



**Prep**  
5 min



**Cook**  
20 min



**Total Time**  
25 mins



**Serves**  
12 -18  
muffins

## INGREDIENTS

- 1 can pumpkin puree, (15 ounce can), about 2 cups
- 1 cup sugar
- 2 eggs
- 2 teaspoon vanilla extract
- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup chocolate chips, divided

## DIRECTIONS

1. Preheat the oven to 350 degrees F. and grease 2, 12-cup muffins tins well and set aside.
2. In a medium mixing bowl add the pumpkin puree, sugar, eggs, and vanilla. Mix well to combine.
3. Add the whole wheat flour, baking powder, salt, and cinnamon to the bowl.
4. Mix until well combined.
5. Add 1/2 cup of the chocolate chips and stir to combine.
6. Add a scant 1/4 cup of batter to each cup in the the prepared muffin, it should make around 18 muffins.
7. Sprinkle the remaining 1/2 cup of chocolate chips over the top of the muffin batter.
8. Bake for 20 minutes or until the muffins spring back when lightly touched.

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# WHOLE WHEAT PUMPKIN MUFFINS

## DIRECTIONS (CONTINUED)

9. Allow the muffins to cool for 2 minutes in the muffin tins and then remove them and allow them to cool on a wire rack.
10. Serve warm or at room temperature.
11. Store leftover muffins after they have full cooled in an airtight container for 3-4 days in the fridge or in the freezer for up to 3 months.

## NOTES

- This recipe is SUPER flexible! Add more chocolate chips if you'd like, omit the cinnamon, add more, or swap it for pumpkin pie spice if you'd like.
- If you'd like to use honey in this recipe, reduce the amount to 3/4 of a cup bake the muffins at 325 degrees. It will take a few extra minutes to bake.
- I've found if I'm using fresh ground wheat (that I ground at home) it takes an additional cup of flour for this recipe (I think the fresh ground wheat is just really airy and fluffy).
- I'm sure you could use a flax egg in this recipe to replace the eggs if you needed.
- If you want bigger muffins, you can fill the muffin cups up and cook them additional 5 of so minute, if you want quite small muffins (great for kids!) then you can distribute the muffins into 24 muffin cups and bake them for about 5 minutes less. You have flexibility on the size of muffin you make. You'll know the muffin is done baking when it springs back when you lightly press the top.

# FLUFFY PUMPKIN CORNBREAD MUFFINS



**Prep**  
10 min



**Cook**  
15 min



**Total Time**  
25 mins



**Serves**  
12 muffins

## INGREDIENTS

- 1 ¼ cups yellow cornmeal
- 1 cup white whole wheat flour, all-purpose flour works too
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¾ cup canned pumpkin puree
- 1 egg
- 1 cup milk, cows milk or unsweetened almond both work
- ⅓ cup honey
- 2 tablespoons melted butter or coconut oil

## DIRECTIONS

1. Preheat the oven to 400 degrees and grease a 12-cup muffin tin well.
2. In a large bowl add the cornmeal, flour, baking powder, cinnamon, and salt. Whisk to combine.
3. In a small bowl add the pumpkin puree, egg, milk, honey, and melted butter. Whisk to combine.
4. Add the wet ingredient to the dry ingredient and stir until the mixture just starts to come together. Don't over mix.
5. Divide the batter evenly between the 12 muffin tins. Bake until the muffins are golden brown and a toothpick inserted into the center comes out clean, 15-18 minutes.
6. Let the muffins cool for 5 minutes in the pan before removing. Serve warm with additional honey or honey butter.

# PUMPKIN SPICE MUFFINS



**Prep**  
10 min



**Cook**  
20 min



**Total Time**  
30 mins



**Serves**  
12 muffins

## INGREDIENTS

- 1 ½ cups whole wheat flour
- ½ cup quick cooking rolled oats
- 1 cup brown sugar
- 2 teaspoons baking soda
- ½ teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- 1 cup pumpkin puree
- ½ cup butter or coconut oil, melted
- 2 teaspoons vanilla extract
- 2 eggs

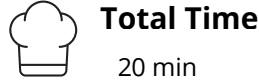
## DIRECTIONS

1. Preheat the oven to 350° and grease a 12-cup muffin tin well.
2. In a medium mixing bowl, add the whole wheat flour, rolled oats, brown sugar, baking soda, salt, cinnamon, nutmeg, and cloves. Use a whisk to stir well to combine.
3. Add the pumpkin puree, butter or coconut oil, vanilla extract, and eggs. Stir until the mixture just comes together without over-stirring.
4. Add the batter to the prepared pan. Bake for 22-26 minutes or until the muffins are cooked through in the center and a toothpick inserted into the center comes out clean.
5. Allow the muffins to cool for 10 minutes in the pan and then remove them from pan and let them finish cooling on a wire rack.
6. Serve warm or at room temperature. Store extras in an air-tight container.

## NOTES

- You can use all the batter and make 12 large muffins or you can fill the muffin tins 1/2 full and get closer to 18 muffins from this recipe. Bake smaller muffins for 15-18 minutes.
- You can swap out the cinnamon, nutmeg, and cloves for 1 tablespoon of pumpkin pie spice. It's delicious either way. Pumpkin pie spice normally has the addition of Allspice and ginger, both of which are delicious in this recipe.
- These muffins freeze really well! Let them cool completely, then store in an airtight container in the freezer for up to 3 months. Let them thaw at room temperature before eating.
- If you are a pumpkin chocolate chip fan, stir 1 cup of chocolate chips into the batter before baking.

# PUMPKIN CHOCOLATE CHIP MUFFINS



## INGREDIENTS

- 2 cups rolled oats, gluten-free if needed
- 1 cup pumpkin puree
- 2 eggs
- $\frac{3}{4}$  cup plain Greek yogurt, whole milk or 2% yogurt
- $\frac{1}{3}$  cup maple syrup
- 1  $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon sea salt
- 2 teaspoons pumpkin pie spice or cinnamon
- 1 cup chocolate chips

## DIRECTIONS

1. Preheat the oven to 400° and spray a 12-cup muffin tin with cooking spray.
2. In the jar of your blender, add the oats. Put the lid on and process until the oats look like flour, 1-3 minutes.
3. Add the pumpkin puree, eggs, Greek yogurt, maple syrup, baking powder, baking soda, vanilla, salt, and pumpkin pie spice to the jar of the blender and blend until smooth, 30 seconds to 2 minutes.
4. Add chocolate chips and stir with a spoon or spatula to combine (don't use blend for mixing in the chocolate chips).
5. Pour pumpkin muffin batter into the prepared pans. Top with a few additional chocolate chips if you'd like.
6. Bake until the muffins spring back slightly when touched and toothpick inserted into the center comes out clean, about 15 minutes.

## NOTES

- The goal with using a blender in this recipe is to turn the oats into flour and to combine all of the other ingredients. Once those two things have been accomplished, you don't have to keep blending.
- If your blender isn't high-powered, then you can make this recipe in a mixing bowl either by hand or with an electric hand mixer and use quick oats. Mix the dry ingredients, add the wet, and then the chocolate chips. Bake as instructed in the recipe card.
- We added good quality chocolate chips because pumpkin muffins and chocolate chips are meant to go together, but you can always leave them out. If you add chocolate chips, remember to stir them in at the end – don't blend them or you will end up with very small pieces of chocolate.
- Store cooled muffins in an airtight container on the counter for a few days or in the freezer for a few months.

# PUMPKIN BISCUITS



**Prep**  
15 min



**Cook**  
15 min



**Total Time**  
30 mins



**Serves**  
12

## INGREDIENTS

- 2 cups Bob's Red Mill all-purpose flour
- 1 tablespoon baking powder
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- 6 tablespoons cold unsalted butter
- 1 cup pumpkin puree
- 1/3 cup milk, (I prefer whole milk)

## DIRECTIONS

1. Preheat the oven to 450°F and line a baking sheet with parchment paper or a baking mat.
2. In a medium mixing bowl, add the Bob's Red Mill flour, baking powder, sugar and salt. Stir to combine.
3. Using the largest holes of a box grater, grate the cold butter into the flour mixture in the bowl.
4. Use a fork or small spoon to gently stir the butter into the flour. It's ok to still have chunks of butter, they just need to be fully covered in the flour.
5. Make a well in the center of the flour mixture and add the pumpkin puree and milk.
6. Gently stir to combine just until the mixture comes together.
7. Dump the mixture out onto a lightly floured surface and sprinkle the top of the dough with a little additional flour. Fold the dough in half and gently press it down. Do this folding in half a few times, adding a little flour as needed. A small amount of kneading will help your biscuits have fluffy layers.

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# PUMPKIN BISCUITS

## DIRECTIONS (CONTINUED)

8. Use a rolling pin or your hands to gently roll or pat the dough so that it is 1.5 to 1 inches thick.
9. Use a 3-inch biscuit cutter to cut the dough into circle, gathering and rerolling all the dough. This recipe will make 12 biscuits.
10. Place the cut biscuits into the prepared pan. Brush the tops of the biscuits with extra milk if you'd like to help them be a little more brown in color after baking.
11. Bake for about 15 minutes until the tops are golden-brown.
12. Remove the biscuits from the oven and serve hot.

## NOTES

- These biscuits are great with some cinnamon honey butter spread in between the layers.
- If you'd like to make these a sweeter biscuit with some additional flavor, feel free to add 2 more tablespoons of sugar and 1 teaspoon pumpkin pie spice and 1 teaspoon cinnamon to the flour mixture before adding the butter. This will make a biscuit that is more like a pumpkin spice scone and goes nicely as a side to something like an egg casserole for breakfast.
- If you'd like to make these a little more savory you can add a 1/4 teaspoon ground sage, 1/4 teaspoon garlic powder, 1/4 teaspoon dried thyme, and 1/4 teaspoon black pepper to the flour mixture. This will make the biscuits more like an herbed bread, also delicious.

# PERFECT PUMPKIN BREAD (WITH OR WITHOUT CHOCOLATE CHIPS)



## INGREDIENTS

- 2 1/2 cups all-purpose flour
- 1 cup whole wheat flour
- 3 cups granulated sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 15- ounce can pumpkin puree, (not pie filling)
- 1 cup canola, vegetable, or melted coconut oil
- 4 large eggs
- 2/3 cup water or buttermilk
- 1 to 2 cups semi-sweet chocolate chips

## DIRECTIONS

1. Preheat the oven to 350 degrees and grease two 9×5-inch loaf pans well, set aside.
2. In a large bowl, mix together the flour, wheat flour, sugar, baking soda, cinnamon, nutmeg, and salt.
3. In a smaller bowl, add the pumpkin puree, oil, eggs, and water or buttermilk. Stir well to combine.
4. Add the pumpkin mixture to the dry ingredients and stir until the mixture just comes together.
5. Add the chocolate chips and fold in.
6. Divide the batter evenly among the two prepared pans and smooth the top.
7. Bake for 50-70 minutes until a toothpick inserted into the center comes out clean.
8. Let cool on a wire rack for 15-20 minutes, then run a knife between the edge of the bread and the loaf pan. Remove from the pans and finish cooling on wire racks.

## NOTES

- You can reduce the sugar to 2 1/2 cups for a less sweet bread without any ill effects.
- You can use the oil of your choosing or substitute some of the oil for applesauce with great success. Half cup applesauce and a half cup oil works just great.
- This bread freezes very well. Let the bread cook completely, wrap in plastic wrap and then foil. Freeze for up to two months. Remove from freezer and let thaw at room temperature before slicing and serving.
- This recipe is from Mel's Kitchen Cafe. Love her and love her site!



*pies*



# HOMEMADE PIE CRUST



**Prep**  
15 min



**Cook**  
0



**Total Time**  
15 min



**Serves**  
1 double (2  
single) crusts

## INGREDIENTS

- 2 ½ cups all-purpose flour
- 1 teaspoon salt
- ¾ cup shortening
- 6 tablespoons cold butter
- ½ cup ice-cold water

## DIRECTIONS

1. Measure the flour by scooping it in a measuring cup, and leaving off the top with the back side of a butter knife. This will help ensure that you aren't using too much flour.
2. Place flour and salt in a medium mixing bowl.
3. Add the shortening to the bowl.
4. Cut the butter into thin pieces, or grate it with the large holes of a cheese grater, and add to the flour.
5. Use a pastry blender or a fork to combine the flour, butter, and shortening. Press until you have pieces of the fat mixed in with chunks about the size of peas remaining.
6. Add the cold water all at once, and stir to combine. The dough will come together nicely.
7. Dump the dough out onto a lightly floured surface, and use your hands to collect it all into one ball.
8. Cut the ball in half, and flatten each half into a disc.
9. Wrap each disc tightly with plastic wrap.
10. Store in the fridge for at least 30 minutes before using, or up to 3 days, or store in the freezer for up to 3 months. Let the dough thaw overnight in the fridge before using.
11. Roll and use in your favorite pie recipes.
12. Makes a double pie crust (a top and bottom) or enough for 2 bottoms (like 2 pumpkin pies that don't need a top).

## NOTES

- I like to use butter-flavored shortening.
- To get ice-cold water, fill a cup with water and ice, and then pour it into a measuring cup when ready, avoiding letting ice cubes get into the measured water.
- Use flour sparingly when rolling out the dough to prevent sticking, but be careful not to incorporate too much extra flour into the dough, as it can make the crust tough.
- Once you've rolled out your crust and placed it in the pie dish, chill it again before baking. This helps prevent shrinking and ensures a flakier crust.

# PUMPKIN PIE



**Prep**

15 min



**Cook**

55 min



**Total Time**

1 hr 10 min



**Serves**

8

## INGREDIENTS

- 1 single pie crust
- 2 cups pumpkin puree, (15 ounce can) or homemade
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 3 large eggs
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 1 pinch cloves
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- ⅔ cup heavy cream
- ½ cup milk, (I used 2%)
- Whipped cream, for serving

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Roll out the pie crust if it isn't in the pie shell yet. Add it to a deep dish 9-inch pie plate, and trim and crimp the edges.
3. In a large bowl, mix together the pumpkin puree, sugar, and brown sugar.
4. Beat in the eggs, then add the cinnamon, ginger, nutmeg, cloves, salt, and vanilla. Stir to combine. Add the cream and milk, and stir well.
5. Pour the pumpkin mixture into the prepared pie pan.
6. Bake the pie for 10 minutes. Without removing the pie or opening the oven, reduce the temperature to 350 degrees F., and bake for an additional 45 to 55 minutes, or until the pie is set and the top is golden.
7. Remove from the oven, and let the pie cool for 30 minutes before serving.
8. Serve warm or at room temperature with sweetened whipped cream.

## NOTES

- Store leftover pumpkin pie in the refrigerator. It will keep well for several days. Serve chilled or bring to room temperature before serving.
- When making pie dough, mix and handle it as little as possible. Overworking the dough can make it tough. Mix just until the ingredients come together, and handle it gently when rolling out.
- After making the pie dough, wrap it in plastic wrap and chill it in the refrigerator for at least 30 minutes (or longer) before rolling it out. This allows the gluten to relax and the dough to firm up, making it easier to roll and less likely to shrink during baking.
- The spices can be substituted with a pre-mixed pumpkin pie spice blend.

# HEALTHY PUMPKIN PIE RECIPE



**Prep**

20mins



**Cook**

1 H hour



**Total Time**

1 hr 20 min



**Serves**

8

## INGREDIENTS

- 3 eggs
- 1 cup heavy cream
- 1 ¼ cups pumpkin purée
- 1 cup maple syrup
- 2 teaspoons vanilla extract
- 1 teaspoon sea salt
- 1 tablespoon pumpkin pie spice
- 1 Single pie crust, I would recommend an all-butter whole wheat crust
- Freshly whipped cream for serving

## DIRECTIONS

1. Prepare your pie crust and place it in the bottom of a deep 9-inch pie plate.
2. In a large bowl, whisk the eggs. Add the heavy cream and whisk to combine. Add the pumpkin puree, maple syrup, and vanilla, and whisk until everything comes together. Add the salt and pumpkin pie spice and stir to combine.
3. Add the pumpkin pie mixture to the unbaked pie crust and bake at 350°F for about an hour. The center of the pie will be puffed up and jiggle only slightly when the pie is ready.
4. Serve with freshly whipped cream.

## NOTES

- You can use canned pumpkin purée or make it at home using one of these methods: cook a whole pumpkin in a slow cooker, make homemade pumpkin purée in the oven, or cook a whole pumpkin in an instant pot.
- I don't recommend using canned pumpkin pie filling because the pie will be too sweet.
- I paired this pumpkin pie filling with a whole wheat and butter crust for a healthier homemade pie.

# MINI PUMPKIN PIES



**Prep**

30mins



**Cook**

35 mins



**Total Time**

1 hr 5 min



**Serves**

18-24

## INGREDIENTS

- your favorite pie crust, homemade or store-bought
- 1 cup brown sugar
- 1 tablespoon all-purpose flour
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon allspice
- 1 can pumpkin puree, (16 ounce can)
- ⅔ cup evaporated milk
- 1 large egg
- sweetened whipped cream, optional

## DIRECTIONS

1. Preheat your oven to 375 degrees F.
2. Roll out pie dough on a lightly floured surface until it's about 1/4 inch thick.
3. Cut out circles slightly larger than your mini pie pans. I do this by placing a pan upside down on top of the dough and cutting it 1/2 inch wider all around the pan.
4. Flip the pan over and place the dough inside of the pan. Line the pie pans with pie crust pushing dough into all the corners and bends.
5. Trim off any excess dough with a sharp knife.
6. Repeat with remaining dough and pans.
7. In a large mixing bowl, combine the brown sugar, flour, salt, cinnamon, allspice, and pumpkin puree. Stir to combine.
8. Add the egg and mix well to combine.
9. Stir in the evaporated milk.
10. Place all of the prepared mini pie shells on a baking sheet.
11. Use a small measuring cup to pour the pumpkin mixture into prepared pie shells. Fill each shell 1/4 inch from the top.

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# MINI PUMPKIN PIES

## DIRECTIONS (CONTINUED)

13. Allow the pies to cool for at least 30 minutes before removing them from the tart pans. You can serve these warm or at room temperature.
14. Serve with a swirl of whipped cream on top if you'd like (you can put the whipped cream in a pastry bag with a large piping tip and pipe it onto the mini pies).

## NOTES

- You'll need one pie crust (a single pie crust) for this recipe. You can make your favorite pie crust recipe from scratch or buy a pre-made pie crust from the store that comes rolled up (don't get the kind that's already shaped in a pie pan).
- This is my favorite pie crust recipe, it's easy to make and easy to work with.
- You can use a tablespoon of pumpkin pie spice in place of the cinnamon and all spice if you prefer.
- These are the mini pie pans or tart pans that I used. They are fun to have around and my kids often make little things in them while I'm baking.
- You can use canned whipped cream, homemade whipped cream piped out like icing, or you can just serve the whipped cream next to the pie and people can put a little on themselves.

# PUMPKIN PIE FROM FRESH PUMPKIN



**Prep**  
15 min



**Cook**  
1 hr 15 min



**Total Time**  
1 hr 30 min



**Serves**  
10 slices of  
1 pumpkin  
pie

## INGREDIENTS

- Homemade Pumpkin Puree from 1 to 2 small sugar pumpkins, see notes, about 4 cups
- 1 can sweetened condensed milk, 14-ounce
- ½ cup heavy cream
- 2 tablespoons cornstarch
- 2 tablespoons molasses
- 2 tablespoons canola oil
- 1 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon salt
- 3 large eggs
- 1 unbaked 9 inch pie crust

## DIRECTIONS

1. To prep your pumpkins cooking them in the slow cooker is the easiest and best way to cook them. You can find full pumpkin cooking instructions at [How to Cook a Pumpkin](#). You can do this a few days in advance if you need to.
2. Preheat the oven to 350 degrees. Bake your prepared pie crust for 12 minutes.
3. While the crust is cooking make your filling. Add your pumpkin puree (about 4 cups) to the bowl of your food processor. Process until smooth. Add the rest of the ingredient and process to combine well, about 1 minute, scraping down the sides as needed.
4. When the pie crust has cooked for 12 minutes, remove it from the oven. Carefully pour in the filling, return the pie to the oven, and bake for an additional hour. Remove the pie from the oven and allow to cool on a rack for 30 minutes.
5. Serve at room temperature or cold with fresh whipped cream.

## NOTES

- The pie is awesome. The addition of molasses lends a subtle richness and the texture is a bit thicker and creamier than many pumpkin pie recipes. We loved it!
- You don't have to use homemade pumpkin puree, but you'll feel pretty cool making a pumpkin pie with actual pumpkins. I haven't tried making this with traditional canned pumpkin but I don't see why it wouldn't work just the same.
- You'll need to use a deep 9-inch pie plate or plan on baking a bit of the filling in a dish by itself to enjoy hot out of the oven.



# cakes



# PUMPKIN CAKE



**Prep**

10 min



**Cook**

45 min



**Total Time**

55 min



**Serves**

15

## INGREDIENTS

- ½ cup butter, softened
- 1 ½ cups granulated sugar
- 1 ½ cups pumpkin puree
- 6 eggs
- 1 can evaporated milk, (12 ounces)
- 1 teaspoon salt
- 3 teaspoons pumpkin pie spice
- 1 package yellow cake mix
- powdered sugar for dusting
- freshly whipped cream

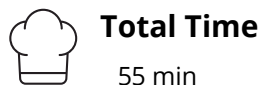
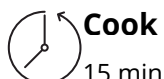
## DIRECTIONS

1. Preheat the oven to 350°F and grease a 9 by 13 inch baking dish well.
2. In a large bowl cream the butter and sugar together well.
3. Add the pumpkin and beat well to combine.
4. Add the eggs, one at a time, mixing well after each addition.
5. Add the evaporated milk, salt, and pumpkin pie spice and mix well.
6. Add the yellow cake mix and mix well to combine.
7. Add the batter to the prepared pan and cook until a toothpick inserted into the center comes out clean and the cake springs back when lightly touched, about 45 minutes.
8. Serve warm or at room temperature with a dusting of powdered sugar and fresh whipped cream.

## NOTES

- This cake can be made ahead of time (the day before) and it travels well.
- Keep your cake covered with plastic wrap to keep it from drying out.
- You can make your own pumpkin pie spice by whisking together equal parts ground cinnamon, nutmeg, ginger, and cloves.

# PUMPKIN ROLL



## INGREDIENTS

### For the cake:

- 3 large eggs
- 1 cup granulated sugar
- $\frac{2}{3}$  cup pumpkin puree, (not pumpkin pie filling)
- 1 teaspoon lemon juice
- $\frac{3}{4}$  cup all-purpose flour
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground nutmeg
- $\frac{1}{2}$  teaspoon salt
- powdered sugar, for dusting

### For the filling:

- 1 cup powdered sugar
- 8 ounces cream cheese, (1 package), at room temperature
- 4 tablespoons unsalted butter, at room temperature
- $\frac{1}{2}$  teaspoon pure vanilla extract
- Additional powdered sugar, for sprinkling on top

## DIRECTIONS

1. Preheat your oven to 375°F (190°C). Prepare a jelly roll pan (or a 10×15 inch shallow pan) by lining it with parchment paper and spraying with non-stick baking spray.
2. In the bowl of a stand mixer fitted with the whisk attachment, beat the eggs on high speed for about 5 minutes, until they're light and frothy.
3. Gradually add the white granulated sugar to the beaten eggs, continuing to mix until fully incorporated.
4. Stir in the pumpkin puree and lemon juice until evenly mixed.
5. In a separate bowl, sift together the all-purpose flour, baking powder, ground cinnamon, ground ginger, ground nutmeg, and salt. Sifting these ingredients ensures they're well combined and free of lumps.

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# PUMPKIN ROLL

## DIRECTIONS (CONTINUED)

6. Gradually fold the dry ingredients into the pumpkin mixture until just combined, taking care not to overmix.
7. Spread the batter evenly into the prepared pan.
8. Bake in your preheated oven for approximately 15 minutes, or until a toothpick inserted into the center comes out clean.
9. While the cake is baking, sprinkle a clean tea towel generously with powdered sugar.
10. Immediately after removing the cake from the oven, carefully invert it onto the powdered sugar-dusted tea towel.
11. Starting at one short end, roll the cake up with the towel. Let it cool completely in this rolled position.

### **For the filling:**

1. In a large bowl, beat together the powdered sugar, room-temperature cream cheese, room-temperature butter, and vanilla extract until the mixture is smooth and creamy.
2. Once the cake has cooled completely, carefully unroll it.
3. Spread the cream cheese filling evenly over the cake, leaving a small border around the edges.
4. Re-roll the cake without the towel, using the towel as a guide. Be sure to roll the cake tightly to ensure a nice spiral of filling.
5. Sprinkle the top of the cake with additional powdered sugar before slicing and serving.

## NOTES

- It's important to use room temperature cream cheese and butter for the filling to ensure a smooth, lump-free texture.
- Rolling the warm cake in a tea towel helps it take on its rolled shape without cracking.
- The rolled cake needs to be completely cool before you add the filling, or the filling may melt.
- This cake can be made a day in advance and kept in the refrigerator, tightly wrapped in plastic wrap.
- Store leftovers in the refrigerator for up to 3-4 days.
- If your cake does crack on the top, don't worry, just fill in the crack with powdered sugar. It's my favorite trick and no one can tell.

# ONE BOWL CHOCOLATE CHIP PUMPKIN CAKE



**Prep**  
15 min



**Cook**  
45 min



**Total Time**  
1 hr



**Serves**  
24

## INGREDIENTS

- ½ cup melted butter
- ½ cup applesauce
- 1 ½ cups brown sugar
- 1 large egg
- 2 teaspoon vanilla extract
- 1 can pumpkin puree, (15 ounces)
- 1 ⅓ cups all-purpose flour
- 2 teaspoon cinnamon, ground
- 1 teaspoon ginger, ground
- ¼ teaspoon nutmeg, ground
- pinch cloves, ground
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups chocolate chips, (we like milk chocolate chips in this recipe)

## DIRECTIONS

1. Preheat your oven to 350°F.
2. Grease a 9×13 inch baking dish well with butter or cooking spray and set aside.
3. In a large mixing bowl, add the butter, applesauce, and brown sugar. Stir to combine well, about 1 minute. Beat the full minute to help the sugar to start to dissolve and get worked into the butter.
4. Add the egg, vanilla, and pumpkin puree and mix to combine.
5. Add the flour, cinnamon, ginger, nutmeg, cloves, baking soda, and salt to the bowl on top of the pumpkin mixture.
6. Stir until the mixture comes together and there are no dry spots left.
7. Add the chocolate chips and stir to combine (if you'd like, reserve 1/4 cup of the chocolate chips to sprinkle on top of the batter after it's in the pan, highly recommend because it makes the cake prettier).
8. Place the batter in the prepared pan.
9. Bake in the hot oven for 40-45 minutes or until a toothpick inserted into the center comes out clean.
10. Let the cake rest in the pan for at least 30 minutes before serving.

*Continued on next page...*

# ONE BOWL CHOCOLATE CHIP PUMPKIN CAKE

CONTINUED

## NOTES

- You can use light oil like avocado or canola oil for the butter if you like. I tried both options and the butter did have a better flavor, but the oil still worked well.
- You can sub the butter for more applesauce or you can sub the applesauce for more butter, they all work great.
- You can use whole wheat flour in this recipe if you'd like, it works great too and I do it often.
- You can add oatmeal to this recipe by subbing 1/3 cup of the all-purpose flour for 1/2 cup of rolled oats.
- You can reduce the amount of sugar in this recipe to 1 cup with success if you like a less sweet treat.
- You can use whatever chocolate chips you like. We like milk chocolate chips with our pumpkin treats but semi-sweet or dark chocolate would also work great.
- It's ok to err on the side of cooking this cake longer if you are unsure if it's done, you won't dry out this cake easily.

# PUMPKIN DUMP CAKE



**Prep**

15 min



**Cook**

50 min



**Total Time**

1hr 5 min



**Serves**

24

## INGREDIENTS

- 1 can pumpkin puree, not pie filling (16 ounces)
- 1 cup evaporated milk
- 3 eggs
- 1 ½ cup sugar
- ½ teaspoon salt
- 4 teaspoons pumpkin pie spice
- 1 box yellow cake mix, roughly 15 ounce box
- 1 cup chopped pecans, or walnuts if you prefer
- 1 cup butter, melted
- vanilla ice cream or whipped cream, for serving

## DIRECTIONS

1. Preheat the oven to 350°F and grease a 9×13-inch baking dish.
2. In a large bowl add together the pumpkin puree, evaporated milk, eggs, sugar, salt, and pumpkin pie spice. Mix until well combine and then pour the mixture into the prepared pan.
3. Sprinkle the dry cake mix on top of the pumpkin mixture and gentle pat down the top with your hands. Sprinkle the nuts over the cake mix and then evenly pour the melted butter over the top of the nuts.
4. Bake the cake for 50 minutes. Serve with lightly sweetened whipped cream or vanilla ice cream. It's delicious the second day at room temperature or even cold.

## NOTES

This cake is great warm, at room temperature, and I even love it cold!

# PUMPKIN SHEET CAKE



**Prep**

10 min



**Cook**

20 min



**Total Time**

30 min



**Serves**

30

## INGREDIENTS

### For the Cake:

- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¼ teaspoon ground allspice
- ¼ teaspoon ground ginger
- 1 ⅔ cups sugar
- 1 cup vegetable oil
- 4 large eggs, at room temperature
- 1 15- ounce can pumpkin puree

### Caramel Frosting

- 8 tablespoons of unsalted butter
- 1 cup packed brown sugar
- ¼ cup whole milk
- 2 cups powdered sugar
- 1 teaspoon vanilla

## DIRECTIONS

### For the Cake:

1. Preheat the oven to 350°F and grease a jelly roll pan well (18x13-inch baking pan) and set aside.
2. In a medium bowl add the flour, cinnamon, baking powder, soda, salt, all spice, and ginger. Use a whisk to combine well and set aside.
3. In the bowl of your stand mixer add your sugar, oil, and eggs and beat until well combined and thick, about 5 minutes. Add the pumpkin puree and beat until combined, about a minute. Reduce the mixer speed to low and slowly add in the flour mixture. Mix until the mixture just starts to come together (don't over mix).
4. Give the batter a stir with a rubber spatula to make sure it's full combined and then add the batter to the prepared pan. Use the spatula to spread it out evenly in the pan. Bake for 18-22 minutes until the cake springs back lightly when touched and a toothpick inserted into the center comes out clean. Allow the cake to cook before making the icing.

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# PUMPKIN SHEET CAKE

## DIRECTIONS (CONTINUED)

### **For the Icing:**

1. Bring the butter and brown sugar to a boil in a medium saucepan over medium heat, stirring constantly, until the sugar dissolves and the mixture is foamy, 3 to 5 minutes.
2. Whisk in the milk and bring the mixture to a boil and then remove it from the heat. Stir in the powdered sugar and vanilla until the frosting is smooth.
3. Spread the warm frosting evenly over the top of the cool cake and then let it set, about 25 minutes, before serving.

## NOTES

- This recipe is from the America's Test Kitchen Family Baking Book page 250.
- Don't dump all the frosting in one spot. The cake has a pretty thin layer so pour the frosting out evenly over the cake and use an offset spatula to finish spreading it out. Don't try to work frosting over too much or worry about getting it perfectly smooth. As the frosting cools it will start to set and if you spread it too much it will make it look chunky and will start to pull the cake up. A little imperfection here is going to be better than trying to mess with it too much. If it really bothers you, a few cute fall sprinkles on top will hide most any icing imperfections.

# EXTRA THICK PUMPKIN CAKE



**Prep**

10 min



**Cook**

45 min



**Total Time**

55 min



**Serves**

15

## INGREDIENTS

- ½ cup butter, softened
- 1 ½ cups granulated sugar
- 1 ½ cups pumpkin puree
- 6 eggs
- 1 can evaporated milk, (12 ounces)
- 1 teaspoon salt
- 3 teaspoons pumpkin pie spice
- 1 package yellow cake mix
- powdered sugar for dusting
- freshly whipped cream

## DIRECTIONS

1. Preheat the oven to 350°F and grease a 9x13-inch baking dish well.
2. In a large bowl cream the butter and sugar together well.
3. Add the pumpkin and beat well to combine.
4. Add the eggs, one at a time, mixing well after each addition.
5. Add the evaporated milk, salt, and pumpkin pie spice and mix well.
6. Add the yellow cake mix and mix well to combine.
7. Add the batter to the prepared pan and cook until a toothpick inserted into the center comes out clean and the cake springs back when lightly touched, about 45 minutes.
8. Serve warm or at room temperature with a dusting of powdered sugar and fresh whipped cream.

## NOTES

- This recipe is from my friend Carrian; it's legendary in her family and for good reason!
- This cake can be made ahead of time (the day before) and it travels well.
- Keep your cake covered with plastic wrap to keep it from drying out.
- You can make your own pumpkin pie spice by whisking together equal parts ground cinnamon, nutmeg, ginger, and cloves.

# PUMPKIN CUPCAKES WITH WHIPPED CINNAMON ICING



**Prep**  
15 min



**Cook**  
18 min



**Total Time**  
2 hrs



**Serves**  
12  
cupcakes

## INGREDIENTS

### For the cupcakes:

- ½ cup unsalted butter, room temperature
- 1 cup granulated white sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1 cup canned pumpkin puree
- 1 ½ cups all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon salt

### For the frosting:

- ½ cup salted butter, softened
- ⅓ cup whipping cream, at room temperature
- ½ teaspoon cinnamon
- 1 teaspoon vanilla bean extract
- 2 ½ to 3 cups powdered sugar

## DIRECTIONS

1. **For the cupcakes:** Preheat the oven to 350°F.
2. In a large bowl or the bowl of a stand mixer, mix the butter and sugar together on medium speed until light in color and fluffy, about 3 minutes.
3. Add the eggs, vanilla, and pumpkin, and mix until well combined.
4. Sprinkle the flour on top of the butter mixture, and then sprinkle the baking powder, soda, cinnamon, ginger, cloves, and salt over the top of the flour.
5. Mix on low until everything is combined and you have a thick cake batter.
6. Fill 12 muffin tin cups, lined with a paper liner, two-thirds full, and then bake for 16 to 18 minutes, until the cake springs back when touched and a toothpick inserted in the center comes out clean.
7. Remove from the oven, and let the cupcakes cool to room temperature out of the pan.

*Continued on next page...*

# PUMPKIN CUPCAKES WITH WHIPPED CINNAMON ICING

## DIRECTIONS (CONTINUED)

8. **For the frosting:** Use a stand mixer or electric hand mixer to beat the butter, whipping cream, cinnamon, and vanilla bean extract with the wire whisk attachment.
9. Beat at medium-high speed until very light and fluffy, about 5 minutes. Add the powdered sugar and beat for another 3 to 5 minutes.
10. The frosting will be very fluffy and a medium-thin consistency. If the frosting is too thick, add a touch of cream, and beat again. If it is too thin, add a little more powdered sugar and beat again.
11. Pipe the icing onto the cooled cupcakes using an 2A tip.

## NOTES

- Pipe the icing onto the cupcakes using different tips to get different designs!
- Fill muffin tins about two-thirds full, which amounts to roughly 3 tablespoons. If you fill them too high, the tins might overflow as they bake.
- Allow the cupcakes to cool completely before storing them in an airtight container so they won't get soggy.
- If you want to use a different frosting, [Cream Cheese Frosting](#) goes great with these cupcakes too!



# desserts



# PUMPKIN CHEESECAKE



**Prep**

20 min



**Cook**

50 min



**Total Time**

1 hr 10 min



**Serves**

10

## INGREDIENTS

- 1 ½ cups graham crackers crumbs, 1 package
- ½ cup chopped pecans
- ⅓ cup melted butter
- 16 ounces cream cheese, softened
- ¾ cup sugar
- 1 teaspoon vanilla
- 3 eggs
- 1 cup pumpkin puree
- ¾ teaspoon cinnamon
- ¼ ground nutmeg

## DIRECTIONS

1. Combine crumbs, pecans, and butter in a food processor. Pulse to combine
2. Press into bottom and 1 inch up the sides of 9-inch springform pan
3. Bake at 350° for 10 minutes. Remove from oven and let cool.
4. Combine cream cheese, ½ cup sugar, and vanilla and mix at medium speed with an electric mixer until well blended and smooth.
5. Add eggs one at a time, mixing well after each addition.
6. Reserve 1 cup of batter.
7. Add the remaining sugar, pumpkin, cinnamon and nutmeg to the remaining batter; mix well.
8. Layer pumpkin mixture and reserved batter alternately in the cooled graham cracker shell.
9. Run a knife through the batter to create a marbled effect.
10. Bake at 350° for about 50 minutes. The center should still have a slight jiggle when you gently shake the springform pan, but the edges should be set. It will continue cooking from residual heat as it cools.
11. Cool completely before removing from pan. Chill overnight in the refrigerator to fully blend the flavors and to create the perfect slicing consistency

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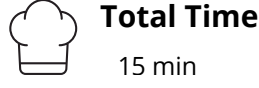
# PUMPKIN CHEESECAKE

## CONTINUED

## NOTES

- Use a water bath – Place your springform pan inside a larger roasting pan and pour hot water halfway up the sides. This gentle, humid heat prevents cracking and ensures even baking throughout.
- After baking, turn off the oven and crack the door slightly. Let the cheesecake cool in the oven for 1 hour, then move to room temperature before refrigerating. Sudden temperature changes can cause cracks.
- While tempting to dive in immediately, patience pays off. Overnight chilling allows flavors to develop fully and the texture to reach that perfect, sliceable consistency that makes each bite heavenly!
- For special occasions, try drizzling with caramel sauce or serving alongside whipped cream for an extra indulgent treat.
- Wrap well and store in the refrigerator up to 5 days. Cheesecake can also be frozen for up to 3 months.

# HOMEMADE PUMPKIN PIE PUDDING CUPS



## INGREDIENTS

- $\frac{2}{3}$  cup brown sugar
- $\frac{1}{4}$  cup cornstarch
- 2 cups cold 2% or whole milk
- 2 large eggs
- 1 cup canned pumpkin
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pumpkin pie spice

## DIRECTIONS

1. In a medium to large sauce pan, add the brown sugar and cornstarch. Whisk to combine. Slowly whisk in the cold milk to combine, until the mixture is smooth and no lumps are left.
2. In a small bowl, beat the eggs.
3. Place the pan over medium heat, and cook until the mixture thickens, stirring constantly. Let it bubble and cook for 1 minute.
4. Scoop up about a half of a cup of the hot liquid, and slowly whisk it into your eggs. As soon as you have done that, slowly mix the egg mixture into the hot liquid in the pan.
5. Cook, stirring constantly, until the mixture has thickened, about 3 minutes.
6. Remove the pan from the heat, and stir in the pumpkin, salt, and pumpkin pie spice. Place the hot pudding into individual jars (I used 8-ounce wide mouth jars) OR place in a large serving dish or bowl, cover, and refrigerate. Eat when the pudding has cooled.

## NOTES

- To make this special you can make some homemade whipped cream for the topping!
- It's also delicious with gingersnaps or graham crackers crumbled on top.
- This is a great dish to make and bring to a party or as a dinner gift for your friends.
- If you want pumpkin pie but aren't willing to put in the effort, this is a great dupe for it! Its flavor is delicious, and the texture is perfect.

# PUMPKIN WHOOPIE PIES



**Prep**

15 minutes



**Cook**

8 minutes



**Total Time**

23 minutes



**Serves**

12

## INGREDIENTS

### For the cookies:

- ½ cup butter, softened
- 1 ¼ cups granulated sugar
- 2 eggs, at room temperature
- 1 cup pumpkin puree
- 1 teaspoon vanilla extract
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt

### For the filling:

- ½ cup salted butter, softened
- ⅓ cup whipping cream, at room temperature
- ½ teaspoon cinnamon
- 1 teaspoon vanilla bean extract, or 1 teaspoon vanilla extract
- 2 ½ to 3 cups powdered sugar

## DIRECTIONS

1. Preheat the oven to 350°F.
2. In a large bowl, or the bowl of your stand mixer with the cookie paddle attached, beat the butter and sugar on medium speed until light in color and fluffy, about 3 minutes.
3. Add the eggs, and mix to incorporate.
4. Add the pumpkin and vanilla, and mix to combine.
5. Sprinkle the flour over the top of the butter mixture, and then sprinkle the baking powder, soda, cinnamon, and salt over the flour. Mix until well incorporated, about a minute.
6. Using a one-ounce scoop, scoop the batter onto a parchment lined baking sheet, spacing them 2 inches apart.
7. Bake for 10 to 12 minutes, until the cookie springs back slightly when touched.
8. For the filling: Use a stand mixer or electric hand mixer to beat the butter, whipping cream, cinnamon, and vanilla bean extract with the wire whisk attachment. Beat at medium-high speed until very light and fluffy, about 5 minutes.

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# PUMPKIN WHOOPIE PIES

## DIRECTIONS (CONTINUED)

9. Add the powdered sugar, and beat for another 3 to 5 minutes. The filling will be very fluffy and a medium-thin consistency.
10. When the cookies have cooled, spread a tablespoon of filling onto flat side of one cookie; top with flat side of second cookie to make a sandwich. Repeat with remaining cookies and filling.
11. Store in covered container.

## NOTES

- Using a scoop for the cookie dough makes the cookies nice and round. If you don't have a scoop, just take a little time and use two spoons to transfer the dough to the baking sheet. The more uniform the scoops of dough, the prettier your cookies will be.
- The cookies are delicious without the filling, too. My husband, who is not a cinnamon fan, liked the cookies plain and so did my kids.
- To keep the whoopie pies from sticking, use parchment paper to bake them.
- If the icing is too thick, add a touch of cream and beat again. If it is too thin, add a little more powdered sugar and beat again.

# PUMPKIN PIE SPRITZ COOKIES



**Prep**

15 min



**Cook**

7 min



**Total Time**

45 min



**Serves**

7 dozen small cookies

## INGREDIENTS

- 1 cup unsalted butter, softened to room temperature
- ¾ cup granulated sugar
- 1 large egg, at room temperature
- 1 teaspoon vanilla extract
- 2 ¼ cups all-purpose flour
- ½ teaspoon salt
- 1 ½ teaspoons pumpkin pie spice

## DIRECTIONS

1. Preheat the oven to 350°F. If you can fit 2 to 3 baking sheets, stacked, in your fridge, place them inside to let them chill ahead of time (optional, but a great trick).
2. In a medium bowl (a stand mixer works great, too), beat together the butter and sugar until light and fluffy, about 3 minutes.
3. Add the egg and vanilla, and beat to combine, scraping down the sides as needed, about 1 minute.
4. Add the flour, salt, and pumpkin pie spice, and stir until well incorporated.
5. Following the instructions on your cookie press, add the dough to the press.
6. Remove a baking sheet from the fridge, and follow the cookie press instructions to press the dough out onto the prepared sheet.
7. Continue pressing out the cookies so that they are about 1 1/2 inches apart and fill the pan.
8. Bake for 7 to 9 minutes until lightly browned around the bottom, but not at all dark. Let the cookies cool on the baking sheet for 5 minutes before removing to cool on a wire rack.
9. Repeat with remaining dough and un-greased, chilled cookie sheets.

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# PUMPKIN PIE SPRITZ COOKIES

CONTINUED

## NOTES

- If the cookie dough becomes too soft towards the end (the cookies will get really flat and look squished), press the dough onto the cookie sheets, and let the pressed cookies chill in the fridge for 10 minutes before baking.
- The trick to helping them keep their shapes is chilling the baking sheets in the fridge as you prep the dough. The cold sheets will help them maintain their form when they go into the oven.
- I recommend the OXO cookie press. After trying a few, this is by far the easiest to use (and it cleans up easily, too).
- No cookie press? Divide the dough into 3 parts; then working with 1 part at a time, place the dough in a large piping bag with a large cupcake star tip (Wilton 1M) attached. Pipe out stars and wreaths by hand.

# CAKE MIX PUMPKIN CHOCOLATE CHIP COOKIES



**Prep**  
10 min



**Cook**  
12 min



**Total Time**  
22 min



**Serves**  
36 cookies

## INGREDIENTS

- 1 box Spice Cake mix, dry
- 1 can pumpkin puree, 15 ounce
- 1 large egg
- 1 cup chocolate chips

## DIRECTIONS

1. Preheat your oven to 350° F and line a baking sheet with parchment or a baking mat.
2. In a medium mixing bowl add the dry cake mix (but none of the other ingredients called for on the box), 1 can pumpkin puree, and one egg.
3. Mix to combine well. Add the chocolate chips and stir to combine.
4. Using a cookie scoop, place a large tablespoon of dough on your cookie sheet 2 inches apart. They don't spread much so you can get them closer than other cookies.
5. Bake for 12-14 minutes until they spring back slightly when touched and no longer look shiny.
6. Let cool on the pan for 3 minutes before placing cookies on a wire rack to finish cooling.
7. Repeat baking instructions with remaining dough.
8. Best stored lightly covered at room temperature (if stored in an air-tight container they get sticky on the outside).

## NOTES

- Adding the egg really helps to make the cookies not gummy. It can be made without the egg, but I think the end product is much better with it.
- Don't undercook these pumpkin cookies; they get gummy and not very good when they cool if they are undercooked.
- Best stored lightly covered at room temperature (if stored in an air-tight container they get sticky on the outside).
- You can use milk, semi-sweet, or dark chocolate chips or even butterscotch or caramel chips. All are great options – just use what you like and have.

# SOFT PUMPKIN COOKIES WITH SPRINKLES



**Prep**  
10 min



**Cook**  
10 min



**Total Time**  
20 min



**Serves**  
12 cookies

## INGREDIENTS

- 1 cup butter, softened
- 1 cup white sugar
- 1/2 cup light brown sugar
- 3/4 cup pumpkin puree
- 1 large egg
- 1 teaspoon vanilla
- 4 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- Sprinkles

## DIRECTIONS

1. In a large bowl cream the butter and sugars together until they are light and fluffy, about 3 minutes. Add the pumpkin puree, egg, and vanilla and stir to combine well.
2. Add the flour, baking powder, baking soda, salt, and cinnamon and stir until well combined.
3. Place your sprinkles in a shallow dish. Using a 1 tablespoon cookie scoop or a melon baller, scoop 1 tablespoon round ball of cookie dough out. Roll it about a bit in the palms of your hands to make it round and then give it a little squish with your palms to make it just a little bit flat. Now when you look at your disk of dough you can see the future edges of your cookie. Hold the dough in the center of the disk and roll the edges around in the sprinkles.
4. Set the sprinkle edged cookies on a baking sheet lined with parchment or a baking mat and repeat with the rest of the dough and more sprinkles. When you have a full sheet of cookies use the bottom of a glass cup to slightly press your cookies down. This will remove any finger prints you made.
5. Bake at 350 degrees for 8 to 9 minutes. Remove the cookies from the oven and allow them to rest on the cookie sheet for 5 minutes before transferring to a wire rack. Enjoy!
6. Store leftovers in an airtight container.

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# SOFT PUMPKIN COOKIES WITH SPRINKLES

CONTINUED

## NOTES

- Use room temperature butter, egg, and pumpkin puree for smooth dough and even baking.
- Ensure uniform cookie size for even baking and a faster process.
- Bake for 8-9 minutes until edges are set but centers are slightly soft. They'll firm up as they cool.
- Cool on the baking sheet for 5 minutes before transferring to a wire rack to avoid breaking.
- These cookies are great to make ahead and freeze for future enjoyment.



*pastries*



# EASY PUMPKIN DONUT HOLES



**Prep**  
10 min



**Cook**  
6 min



**Total Time**  
16 min



**Serves**  
24 donut  
holes

## INGREDIENTS

- 2 cups all purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup granulated sugar
- 2 large eggs
- 1 teaspoon pumpkin pie spice
- ¼ cup whole milk
- ½ cup pumpkin puree
- 2 tablespoons melted butter
- ½ teaspoon vanilla extract
- 2 quarts vegetable oil for frying
- Additional ½ cup of granulated sugar mixed with ½ teaspoon pumpkin pie spice for dusting

## DIRECTIONS

1. In a medium bowl add the flour, baking powder and salt. Whisk to combine.
2. In a separate bowl whisk together the sugar, eggs, and pumpkin pie spice together until smooth. Add the milk, pumpkin puree, melted butter, and vanilla and whisk to combine. Stir the egg mixture into the flour mixture until evenly combined.
3. In a dutch oven, heat 3 inches of oil over medium-high heat until the oil reaches 350 degrees. Using two spoons, scoop out a ping-pong ball sized scoop of batter and carefully scrape the batter into the hot oil. Repeat about 5 more times and fry the donuts until they are crisp and deeply brown on all sides, 3 to 6 minutes. Adjust the heat as needed to keep the oil at 350 degrees.
4. Use a slotted spoon and transfer the fried donuts to a paper towel lined sheet. Repeat with remaining batter. Roll the donuts in the sugar + pumpkin pie spice mixture and stir warm.

## NOTES

You can make smaller donut by scooping out a smaller amount of batter. Just adjust your frying time. My kids like little tiny donuts!

# PUMPKIN DONUTS



**Prep**

1hr 30 min



**Cook**

5 min



**Total Time**

1hr 35 min



**Serves**

24

## INGREDIENTS

- $\frac{3}{4}$  cup milk
- 2  $\frac{1}{4}$  teaspoon active dry yeast, 1 package
- 1 teaspoon sugar, for yeast mixture + 2 tablespoons sugar (for dry ingredients)
- 2  $\frac{1}{2}$  cups all-purpose flour
- $\frac{1}{2}$  cup pumpkin puree
- 2  $\frac{1}{2}$  teaspoons cinnamon
- $\frac{1}{2}$  teaspoon allspice
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{8}$  teaspoon ground cloves
- Oil for frying
- 1 cup cinnamon sugar, for coating

## DIRECTIONS

1. Warm the milk gently in a microwave or on the stovetop until it reaches about 110°F (43°C). Pour the warm milk into a small bowl, and stir in the yeast along with 1 teaspoon of sugar. Allow this mixture to sit for about 5-10 minutes or until it becomes frothy.
2. In a large mixing bowl, whisk together the all-purpose flour, 2 tablespoons of sugar, cinnamon, allspice, nutmeg, and cloves.
3. Add the pumpkin puree and the milk-yeast mixture to the dry ingredients. Stir using a spatula or a wooden spoon until the dough comes together, forming a soft ball.
4. Knead: Lightly flour a clean work surface and knead the dough for 1-2 minutes until it's smooth.
5. Transfer the kneaded dough to a greased bowl, ensuring it's coated lightly with oil all around. Cover the bowl with a damp cloth or plastic wrap and let it rest in a warm spot for about 1 hour, or until it has doubled in size.
6. Once the dough has risen, turn it out onto a well-floured surface. Roll out the dough to a thickness of approximately  $\frac{1}{2}$  inch. Using a donut cutter or a pair of round cutters (one larger for the outer edge and a smaller one for the center), cut out the donuts.
7. Allow the donuts to rise an additional 30 minutes once cut.

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# PUMPKIN DONUTS

## DIRECTIONS (CONTINUED)

8. In a deep frying pan or pot, add about 3 inches of oil. Heat the oil to 350°F (175°C).
9. Gently drop the donuts into the preheated oil, making sure not to overcrowd the pan. Fry the donuts for 2-3 minutes on each side, or until they're golden brown.
10. Once fried to perfection, remove the donuts using a slotted spoon and place them on paper towels to absorb any excess oil.
11. While still warm, roll the donuts in a mixture of cinnamon and sugar.
12. Enjoy your pumpkin donuts warm and fresh!

## NOTES

- Ensure the milk is not too hot when adding the yeast; otherwise, it might kill the yeast.
- The amount of oil required for frying can vary based on the size of your frying pan or pot.
- For an added touch, consider serving these with a vanilla glaze or you can also shake them in a bag of powdered sugar instead of the sugar and cinnamon. All of those are great options.
- I love using a paddle thermometer to ensure the oil temperature is where I want it when frying. It really helps to have the proper oil temperature for the best end results.

# ONE HOUR PUMPKIN CINNAMON ROLLS



**Prep**  
30 min



**Cook**  
18 min



**Total Time**  
48 mins



**Serves**  
12 rolls

## INGREDIENTS

### For the dough

- ½ cup whole milk
- ¼ cup butter, melted
- ¼ cup sugar
- 2 teaspoons active dry yeast
- ½ cup canned pumpkin
- 1 egg
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- 3 ½ to 4 cups all purpose flour

### For the filling

- ⅓ cup butter, melted
- ⅓ cup brown sugar
- ⅓ cup white sugar
- ½ teaspoon pumpkin pie spice
- 1 ½ teaspoons cinnamon

### For the icing

- 1 ¼ cups powdered sugar
- dash salt
- ¼ teaspoon pumpkin pie spice
- ¼ cup butter, melted
- 1 to 2 tablespoons cream
- ½ teaspoon vanilla

## DIRECTIONS

1. In a large bowl or the bowl of your stand mixer add the milk, butter, sugar, and yeast. Stir to combine and let the mixture sit for 1 minute. Add the pumpkin and the egg and mix until well combined. Add the salt, baking powder, baking soda, and 2 cups of flour. Mix well for 3 minutes. Add the additional flour, 1/2 cup at a time, mixing well between each addition until the dough starts to pull away from the sides of the bowl. Turn the dough out onto a well floured surface and kneed until smooth and elastic, and not sticky, adding flour as needed. Return the dough to the bowl, cover the bowl, and let it rest for 15 minutes.
2. While the dough is resting mix together the melted butter, sugars, and spices for the filling.

*Continued on next page...*

# ONE HOUR PUMPKIN CINNAMON ROLLS

## DIRECTIONS (CONTINUED)

3. When the dough has finished resting roll it out into a large rectangle, about 16 inches by 24 inches. Spread the filling all over dough. Roll the dough, jelly roll style, starting on the side that is shorter than the other, until you have rolled it all the way up. Cut the dough into 12 rolls (about 1 1/2 inches wide) and place the cut rolls in a well buttered baking dish. Cover the dish and let the rolls rest for 15 minutes.
4. While the rolls are resting, preheat the oven to 375 degrees. After the rolls are done resting baking them in the hot oven until golden brown, around 15-20 minutes (mine were perfect at 18 minutes). Remove from the oven. While they are baking make the icing.
5. To make the icing stir together the powdered sugar, salt, and pumpkin pie spice. Add the melted butter, 1 tablespoon of cream, and the vanilla. Whisk until smooth. Add an additional tablespoon of cream if needed, depending on the consistency you like. Spread the icing all over the rolls and enjoy them warm.

## NOTES

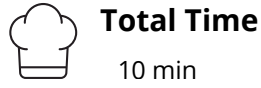
- I like to pour my icing in a piping bag and carefully drizzle it over the cinnamon rolls for ease. You can also use a knife to spread it, or drizzle it straight from the bowl!
- As you let the dough rest, cover the bowl or baking dish with a clean kitchen towel.
- You want to cut your rolls about 1 ½ inches wide to allow for even cooking.
- The key to making this recipe all in under one hour is to use your time wisely! While the dough is resting, you can prepare the filling and icing.



*no-bake  
snacks*



# MELTED DARK CHOCOLATE PUMPKIN DATE BALLS



## INGREDIENTS

- 1 cup pitted Medjool dates
- ½ cup pecans, plus 12 pecans for topping
- ⅓ cup pumpkin puree
- ¼ cup unsweetened coconut flakes
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- Pinch of salt

## DIRECTIONS

1. Toss the dates, pecans, pumpkin, coconut, vanilla, cinnamon, and salt into your food processor and pulse.
2. Roll into balls (I like larger 2-inch balls), or use an ice cream scoop.
3. Top with a pecan by gently pressing one into each ball.
4. Enjoy fresh, or slide them into the freezer for a few hours. Store in an airtight container for freshness.

## NOTES

- You can use canned pumpkin puree or cook a fresh pumpkin in a crockpot (my personal favorite pumpkin to use in these date balls).
- You can substitute almonds for pecans if you want – they are a bit crunchier but still really good.
- If you prefer your nuts to be more finely ground, put them in the food processor first and pulse them a few times into small pieces then the nuts will become even smaller when you add the rest of the ingredients.
- This is my favorite food processor if you don't have one or are in the market for a new one.

# CHOCOLATE CHIP PUMPKIN DATE BALLS



**Prep**  
10 min



**Cook**  
-



**Total Time**  
10 min



**Serves**  
10 Balls

## INGREDIENTS

- 1 cup pitted Medjool dates
- ½ cup pecans, plus 12 pecans for topping
- ⅓ cup pumpkin puree
- ¼ cup unsweetened coconut flakes
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- Pinch of salt

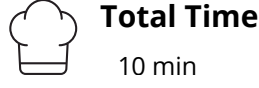
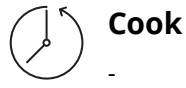
## DIRECTIONS

1. Toss the dates, pecans, pumpkin, coconut, vanilla, cinnamon, and salt into your food processor and pulse.
2. Roll into balls (I like larger 2-inch balls), or use an ice cream scoop.
3. Top with a pecan by gently pressing one into each ball.
4. Enjoy fresh, or slide them into the freezer for a few hours. Store in an airtight container for freshness.

## NOTES

- You can use canned pumpkin puree or cook a fresh pumpkin in a crockpot (my personal favorite pumpkin to use in these date balls).
- You can substitute almonds for pecans if you want – they are a bit crunchier but still really good.
- If you prefer your nuts to be more finely ground, put them in the food processor first and pulse them a few times into small pieces then the nuts will become even smaller when you add the rest of the ingredients.
- This is my favorite food processor if you don't have one or are in the market for a new one.

# PUMPKIN PECAN DATE BALLS



## INGREDIENTS

- 1 cup pitted Medjool dates
- ½ cup pecans, plus 12 pecans for topping
- ⅓ cup pumpkin puree
- ¼ cup unsweetened coconut flakes
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- Pinch of salt

## DIRECTIONS

1. Toss the dates, pecans, pumpkin, coconut, vanilla, cinnamon, and salt into your food processor and pulse.
2. Roll into balls (I like larger 2-inch balls), or use an ice cream scoop.
3. Top with a pecan by gently pressing one into each ball.
4. Enjoy fresh, or slide them into the freezer for a few hours. Store in an airtight container for freshness.

## NOTES

- You can use canned pumpkin puree or cook a fresh pumpkin in a crockpot (my personal favorite pumpkin to use in these date balls).
- You can substitute almonds for pecans if you want – they are a bit crunchier but still really good.
- If you prefer your nuts to be more finely ground, put them in the food processor first and pulse them a few times into small pieces then the nuts will become even smaller when you add the rest of the ingredients.
- This is my favorite food processor if you don't have one or are in the market for a new one.

# NO BAKE PUMPKIN ENERGY BALLS



## INGREDIENTS

- 1 ½ to 2 cups dry, uncooked oatmeal
- ½ cup all-natural peanut butter or other nut or sun butter
- ½ cup pumpkin puree
- ¼ cup chia seeds
- ¼ cup quality honey
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon or pumpkin pie spice
- ½ cup mini dark chocolate chips

## DIRECTIONS

1. In a medium bowl, add 1 1/2 cups oats, peanut butter, pumpkin, chia seeds, honey, vanilla, and cinnamon. Stir to combine well. You want the mixture to be soft but not too sticky. If you pick up a generous spoonful, you should be able to roll it into a ball and only make a minimal mess (it should stick together when rolled but still feel tacky on your hands). Depending on the type of oats you used (old-fashioned or quick oats), you may need to add up to a half cup more oats and stir until you reach the desired consistency. Again, it's ok if it's a little sticky because the oats will absorb some of the moisture after a little time passes, but unworkable sticky isn't the goal.
2. When the mixture is workable, add the chocolate chips and stir to combine.
3. Scoop a large spoonful into your hand and roll into balls. Repeat with remaining dough. Keep these in the fridge for up to a week, or in the freezer for much longer.

## NOTES

- If you don't have chia seeds, leave them out or sub them for something else like hemp seed hearts, chopped nuts, or some coconut flakes (and you can go up to a ½ cup of those things if you like).
- You can use old-fashioned or quick oats or a combo of the two, depending on the texture you are going for. Quick oats will yield a softer energy bite and the old-fashioned oats will make them chewier. I used half and half and was really pleased with how they turned out.
- They are no-bake and store super well. They have been great in lunch boxes, for after-school snacks, as a pre-workout snack at 5 am before weight lifting, and at bedtime when I'm ready for the kids to be in bed but they are suddenly starving. I love having little healthy snacks on hand.
- If you find your oat balls aren't sticking together well when rolled, let them chill in the fridge for 20 minutes and try again. If they are too sticky, try adding a few more tablespoons of oats.



*breakfast*



# PUMPKIN WAFFLES



**Prep**

15 min



**Cook**

15 min



**Total Time**

30 min



**Serves**

8 large  
waffles

## INGREDIENTS

- 2 cups all-purpose flour
- ¼ cup packed brown sugar
- 1 tablespoon baking powder
- 1 ½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- 1 cup pumpkin puree
- 1 ½ to 2 cups buttermilk
- ¼ cup light oil, such as vegetable, canola, or avocado oil
- 2 large eggs
- 2 teaspoons vanilla extract

## DIRECTIONS

1. Turn on your waffle iron and allow it to preheat according to the manufacturer's instructions.
2. In a medium bowl, whisk together the pumpkin puree, eggs, brown sugar, oil, buttermilk, and vanilla extract until well combined and smooth.
3. In a large mixing bowl, whisk together the flour, baking powder, pumpkin pie spice, and salt.
4. Pour the wet ingredients into the dry ingredients and stir until well combined. It should be a smooth batter.
5. Lightly grease your waffle iron if needed. Pour the batter onto the preheated waffle iron and cook according to the manufacturer's instructions until golden brown and crisp. Repeat with more oil to grease your waffle iron and the rest of the batter.
6. You can keep the cooked waffles warm in a 200 F. degree oven while the rest of the waffles cook.
7. Serve warm with butter, maple syrup, whipped cream, or a sprinkle of cinnamon. Enjoy your delicious pumpkin spice waffles!

## NOTES

- These waffles freeze well! Let them cool completely, then store in an airtight container in the freezer. Reheat in a toaster or oven for a quick and easy breakfast.
- These are also great with Homemade Buttermilk Syrup on top!
- This is an easy recipe to double and save some for later.
- You can use ground cinnamon instead of the pumpkin pie spice if you don't have any.

# PUMPKIN BUTTERMILK PANCAKES



**Prep**  
10 min



**Cook**  
20 min



**Total Time**  
30 min



**Serves**  
8 medium  
pancakes

## INGREDIENTS

- 2 cups all purpose or whole wheat pastry flour
- ¼ cup packed brown sugar
- 1 tablespoon baking powder
- 1 ½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- 1 cup pumpkin puree
- 1 ½ to 2 cups buttermilk
- ¼ cup light oil such as vegetable, canola, or avocado oil
- 2 large eggs
- 2 teaspoons vanilla extract

## DIRECTIONS

1. Preheat a large nonstick or cast-iron skillet or griddle over medium heat.
2. In a medium mixing bowl add the flour, brown sugar, baking powder, pumpkin pie spice, and salt.
3. Whisk together to combine.
4. Make a well in the center of the flour mixture with the whisk.
5. Add the pumpkin puree, 1 ½ cups buttermilk, oil, eggs, and vanilla to the well in the center of the flour mixture.
6. Use a whisk to slowly combine the batter.
7. Stir just until the mixture comes together. If the batter is too thick, add up to an additional ½ cup of buttermilk as needed.
8. Spray the baking pan or griddle with a little cooking spray or grease it with a little butter.

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# PUMPKIN BUTTERMILK PANCAKES

## DIRECTIONS (CONTINUED)

9. Drop  $\frac{1}{4}$  cup of batter in the center of the skillet or griddle.
10. When the pancake starts to have bubbles on the top of it, flip it over to cook on the other side. It should cook on each side for roughly 1.5 to 2.5 minutes. Adjust the cooking temperature as needed.
11. When the pancake is cooked through place it on a cooling rack set inside of a baking sheet and pop it in a 200 F. degree oven to keep warm. Repeat with remaining pancakes. When you are placing them in the oven, don't stack them on top of each other, just place them evenly on the cooling rack (when you stack them, they steam each other and get soggy).
12. Serve the warm pancakes with your choice of toppings such as maple syrup or buttermilk syrup and whipped cream.

## NOTES

- No buttermilk? No problem! For each cup of buttermilk, you can use 1 tablespoon of white vinegar or lemon juice plus enough milk to measure 1 cup. Stir, then let rest for 5 minutes before using.
- Extra pancakes are easy to freeze for another day! Just layer them with parchment paper in a zip top bag.
- Homemade Buttermilk Syrup is a delicious addition to these pancakes!
- Save any leftover pumpkin puree in a leftover container in the refrigerator to use in another recipe! It will be good for several days stored that way.
- Make a double batch and freeze some for later! To freeze, stack the pancakes with a piece of parchment paper in between each pancakes and put in a zip top bag then place in the freezer.

# BREAKFAST COOKIES



**Prep**

15 min



**Cook**

15 min



**Total Time**

30 min



**Serves**

3 dozen  
cookies

## INGREDIENTS

- 1 cup pumpkin puree
- ½ cup unsweetened applesauce
- ⅓ cup honey
- ¼ cup melted butter or coconut oil
- 2 eggs
- 1 teaspoon vanilla
- 2 cups whole wheat flour
- 1 ½ cups old fashioned oats
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- Chocolate chips, (optional about 1 cup)

## DIRECTIONS

1. Preheat the oven to 350 degrees F. and line a baking sheet with parchment paper or a baking mat.
2. In a medium bowl beat together the pumpkin, applesauce, honey, and melted butter. Add the eggs and beat well to combine. Add the vanilla and stir to combine.
3. Add the flour, oats, baking powder, soda, and salt and mix well to combine. Let the mixture rest for 5 minutes (this gives the whole grains a minute to absorb the liquid). If using the chocolate chips, add them and stir to combine.
4. Use a 1.5 tablespoon scoop to scoop out balls of dough onto the prepared baking sheet. Sprinkle the tops with an additional 5-6 chocolate chips (gentle press them into the dough before baking).
5. Bake for 12-15 minutes until lightly browned. Remove from the oven and allow to rest on the baking sheet for 3-5 minutes before placing the cookies on a cooling rack.
6. Enjoy right away or store in an airtight container for up to 3 days. Store in the fridge for up to a week and in the freezer for up to 3 months.

## NOTES

- These are great with a teaspoon of cinnamon added to the dough or pumpkin pie spice if you like that flavor profile (we do!).
- I highly recommend adding a few dark chocolate chips. It really makes them feel like “cookies”.
- You can also add dried fruit and nuts to your liking, it's a forgiving recipe.

# WHOLE WHEAT PUMPKIN WAFFLES RECIPE



**Prep**

10 min



**Cook**

5 min



**Total Time**

15 min



**Serves**

10 large  
waffles

## INGREDIENTS

- 2 ½ cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons ground cinnamon or pumpkin pie spice
- 1 small can pumpkin, 15 ounces
- ¼ cup melted butter
- 4 eggs
- 2 cups milk

## DIRECTIONS

1. In a large bowl, combine all of the dry ingredients.
2. Use a whisk to combine them all and then make a large well in the center.
3. Add all of the wet ingredients to the well and then start whisking the two together. Whisk from the middle of the bowl out, slowly making your way out to the dry ingredients. You are slowly incorporating the dry so that they don't get clumpy.
4. When well-combined, cook according to your waffle iron directions.
5. Serve with lots of butter and real maple syrup.

## NOTES

- Freeze the extras for a quick breakfast and reheat in the toaster.
- Use room-temperature eggs and milk for a smoother batter, and avoid over-mixing the batter. A few small lumps are okay and help keep the waffles light.
- To ensure even cooking, spread the batter gently in the waffle iron before closing.
- For extra flavor, add a dash of vanilla extract or nutmeg.



*pasta*



# RICH AND CREAMY PUMPKIN ALFREDO



## INGREDIENTS

- 12-16 ounces pasta
- 3 tablespoons butter
- 3-5 cloves garlic, minced
- 1 cup pumpkin puree
- 2 cups heavy cream
- 1 cup grated Parmesan cheese
- salt and pepper to taste

## DIRECTIONS

1. Bring a large pot of water to a boil and cook the pasta al dente according to the package directions. Reserve 1 cup of the water that the pasta cooked in, and then drain and set the pasta aside.
2. Preheat a large skillet over medium heat. Add the butter.
3. When the butter is melted, add the garlic and cook just until fragrant, about 30 seconds.
4. Stir in the pumpkin puree and the heavy cream.
5. Bring the mixture to a light simmer and add the Parmesan cheese.
6. Cook, stirring very often, until the cheese melts and the mixture starts to thicken slightly, about 5 minutes.
7. Add the cooked pasta to the sauce and stir to combine. If the sauce is too thick, add some of the reserved pasta water until it reaches a creamy consistency that coats the pasta. Add salt and pepper to taste. Serve right away.

## NOTES

Don't be shy about salt in this recipe. I added about a teaspoon of kosher salt.

# SAUSAGE AND PUMPKIN PASTA



**Prep**

10 min



**Cook**

30 min



**Total Time**

40 min



**Serves**

6

## INGREDIENTS

- 1 pound pasta
- 1 pound ground sausage
- 1 medium onion, diced
- 4-6 cloves garlic, minced
- 2-4 sage leaves, finely chopped
- 2 cups chicken broth
- 1 15- ounce can pumpkin puree
- 1 cup cream
- 1 ½ teaspoons salt
- ½ teaspoon crushed red pepper, optional
- 2 ounces grated Parmesan
- additional salt and pepper, to taste

## DIRECTIONS

1. Cook the pasta in a large saute pan according to package directions. Drain, reserving 1 cup of the pasta cooking water, and set aside.
2. In the same pan, add the sausage and cook over medium high heat for 3-5 minutes.
3. Add the onion and cook for an additional 5 minutes, until the sausage is no longer pink and the onion is translucent.
4. Add the garlic and minced sage and cook just until fragrant, about 30 seconds.
5. Add the chicken broth and cook until the onion is tender, about 3 minutes.
6. Stir in the pumpkin and cream and reduce the heat to medium-low. Stir in the Parmesan cheese.
7. Add the cooked pasta to the pan and stir to coat it well with sauce. If the sauce is too thick, add a small amount of the pasta cooking water to thin the sauce. The sauce should coat the pasta easily.
8. When the pasta is hot, remove the pan from the heat. Serve the pasta hot with additional salt, pepper, and Parmesan to taste.

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# SAUSAGE AND PUMPKIN PASTA

CONTINUED

## NOTES

- I like sage but I don't love it, so I added 2 leaves. If you know you love it, add the full 4. If you are somewhere in the middle, try three.
- You have a lot of freedom when it comes to what sausage to use. You can use hot Italian, sweet Italian, pork breakfast sausage, and just about anything in between. Just be sure it's a ground sausage and remove any casing before cooking.
- I like to use a sturdy pasta like Orecchiette, Rigatoni, or even Bow-Tie.
- Freshly grated Parmesan is a better choice than the powdery stuff for recipes like this. It will melt and incorporate into the sauce better.

# HOMEMADE PUMPKIN NOODLES



**Prep**

4 hrs



**Cook**

5 min



**Total Time**

4hrs 5 min



**Serves**

4 (Makes 3-4 cups)

## INGREDIENTS

- 2 cups all-purpose flour
- 1/4 teaspoon salt
- 2 eggs
- 1/3 cup pumpkin puree
- 1/4 teaspoon salt

## DIRECTIONS

1. In a large bowl add the flour and salt and mix to combine.
2. Add the eggs and pumpkin to a well in the center of the flour and then mix together well with a wooden spoon.
3. Turn the dough out onto a lightly floured surface and knead lightly until the dough comes together and is soft but not sticky.
4. Divide the dough into 4 pieces. Roll the dough out thinly with a rolling pin and then roll it up like a cinnamon roll. Use a sharp knife to cut 1/4 inch pieces from the roll.
5. Unroll each piece let the noodles dry on a lightly floured surface for a few hours. Prepare them to eat or freeze for later (details on both of those things in the post).

## NOTES

- The texture of the dough is important. It needs to be neither sticky nor dry. If it's sticky, you'll have a mess to work with when rolling them out, and if it's too dry, you'll have a hard time rolling the dough thin. Your goal is to have a nice soft but non-sticky dough. Play with it a bit and adjust your flour as needed. If your dough is too hard to roll out or if it keeps shrinking back when you do roll it, let it rest, covered, for about 10 minutes.
- This recipe is super flexible and you can adjust it to your needs. If you want to leave the pumpkin out and just make egg noodles, add another egg.
- You can eat the pumpkin noodles the day you make them or freeze them for later (or make a few batches and do both!) To freeze the noodles, I like to let these dry on the countertop for a few hours. Then I'll dust them with just a bit more flour so they won't stick together and I'll pop them in a freezer zipper-topped baggie. They can be frozen for a few months. I just dump the frozen noodles in my water or chicken stock to cook them.



dinner



# SAUSAGE BLACK BEAN AND PUMPKIN SOUP



**Prep**  
10 min



**Cook**  
25 min



**Total Time**  
35 min



**Serves**  
8

## INGREDIENTS

- 1 cup dry black beans
- 4 cups water
- 1 tablespoon oil olive , or vegetable works well
- 1 pound ground sausage, (spicy, Italian, breakfast, chorizo, or whatever you like)
- 1 medium onion, diced
- 4 cloves garlic, minced
- 3 cups chicken broth
- 1 can fire-roasted diced tomatoes, (15 ounce)
- 1 can pumpkin puree, (15 ounce)
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- ¼ cup heavy cream, optional
- Salt and pepper, to taste
- ¼ cup fresh chopped cilantro for serving

## DIRECTIONS

1. In the pressure cooker pot, add the black beans, water, and oil. Lock the lid in place, and select high pressure (or pressure cook) for a 20-minute cook time.
2. When the beans finish cooking, use a quick pressure release. When the pressure comes down, carefully open the lid. Drain the beans, and set aside (discard cooking water).
3. Return the cooking pot to the pressure cooker, and select the "saute/browning" function.
4. Add the sausage and onion to the pot, and saute, breaking up the sausage and stirring often, about 3 minutes.
5. Add the garlic, and cook for 30 seconds.
6. Add the chicken broth, tomatoes, pumpkin puree, cumin, oregano, and 1 teaspoon salt. Stir to combine well.
7. Return the cooked beans to the pot.
8. Lock the lid in place, and select high pressure (or pressure cook) for a 5-minute cook time.

*Continued on next page...*

# SAUSAGE BLACK BEAN AND PUMPKIN SOUP

## DIRECTIONS (CONTINUED)

9. When the cook time ends, let the pressure release naturally for 10 minutes, and then finish with a quick pressure release. When the valve drops, carefully remove the lid.
10. Stir in the heavy cream, and adjust the salt and pepper to taste.
11. Serve hot with fresh cilantro on top.

## NOTES

- You can use 2 (15-ounce) cans of black beans if you don't want to cook dry beans. Just skip the cooking the beans step, and add the beans when you add the tomatoes and pumpkin to the pot.
- You can use traditional or petite diced tomatoes if you prefer.
- The heavy cream makes the dish smooth and the color pretty, but you don't have to use it. It's just as great without it.
- You can make this on the stovetop by using 2 (15-ounce) cans of black beans in place of the dry beans. Saute the onion in the oil, and cook the sausage through. Add all of the other ingredients (except the cream), and simmer for 30 minutes. Add cream, and serve hot.

# EASY PUMPKIN CAULIFLOWER CURRY



**Prep**

10 min



**Cook**

30 min



**Total Time**

40 min



**Serves**

8

## INGREDIENTS

- 2 tablespoons oil, such as vegetable or olive
- 1-3 tablespoons green curry paste
- 1 medium onion, finely chopped
- 2 tablespoons minced fresh ginger
- 2 tablespoons minced fresh garlic, about 6 cloves
- 2 cans coconut milk
- 1 can pumpkin puree, 15 ounce
- 4 cups cauliflower florets, small bite-sized pieces
- 1 large red bell pepper, cut into strips
- 1 cup frozen peas
- 4 tablespoons soy sauce
- 2 teaspoons turmeric powder
- 2 teaspoons sugar
- hot cooked rice
- fish sauce, lime wedges, and fresh cilantro for serving
- cashews or cashew pieces, optional

## DIRECTIONS

1. In a large saute pan or cast iron skillet, heat the oil and curry over medium to medium-high heat, stirring to combine it well. Let it cook until it starts to smell very fragrant and is well combined, about 2 minutes.
2. Add the onion and cook until soft, about 5 minutes.
3. Add the ginger and garlic and cook until fragrant, about 30 seconds.
4. Pour in the coconut milk and add the pumpkin puree. Stir to combine.
5. Add the cauliflower pieces. Bring the mixture to a simmer and let it cook, stirring often, for 10-15 minutes or until the cauliflower is tender but not mushy.
6. Stir in the bell pepper, peas, soy sauce, turmeric powder, and sugar. Simmer for an additional 5 to 10 minutes until the veggies are tender (but not overcooked) and everything is well combined.
7. Serve the curry over hot cooked rice with a dash of fish sauce, a sprinkle of chopped cilantro, and a squeeze of fresh lime on the top. Don't skip these – they are a must for finishing off the dish. More soy sauce to taste can be substituted for the fish sauce. You can also add a few tablespoons of cashews to the top before eating.

***Continued on next page...***

# EASY PUMPKIN CAULIFLOWER CURRY

## CONTINUED

6

## NOTES

- The thickness and creaminess of your curry is going to depend on your coconut milk. Full fat coconut milk is going to lead to creamier and thicker curry than using light coconut milk. You can also sub chicken or veggie broth for one can of coconut milk to make a thinner curry.
- If your curry is too thick, you can add a small amount of chicken or veggie broth to reach the desired thickness.
- The amount of curry paste that you add will determine the heat of the dish. If you don't like things hot, add just 1 tablespoon (or less). If you like medium, try 1-2 tablespoons. If you like a hot curry try adding 3 tablespoons. The heat level is also going to depend on the type and brand of curry paste. We love Mai Poi brand green curry paste. I like to use 1-2 tablespoons of it for a nice medium curry. It's warm but not so hot that my kids won't eat it (they don't mind a little heat but they don't want it super spicy). If you get to cooking, give it a taste, and find out you have a gotten things too spicy, you can add additional coconut milk to dilute the curry paste a bit.
- This recipe is very flexible. You can add what veggies you like and you can also add whatever cooked protein such as chicken or shrimp that you might like. Make it your own!

# EASY TURKEY PUMPKIN CHILI



**Prep**

10 min



**Cook**

20 min



**Total Time**

30 min



**Serves**

8

## INGREDIENTS

- 1 pound ground turkey, or other ground meat
- 1 large onion, diced
- 4-6 cloves garlic, minced
- 1 can diced tomatoes, 15 ounce
- 3 cups tomato juice
- 2 cups chicken stock
- 4 cups cooked beans, such as pinto
- 2 cups pumpkin puree
- 2 tablespoons chili powder
- 2 teaspoons salt
- 2 teaspoons smoked paprika
- 2 teaspoons cumin
- additional salt and pepper to taste
- additional toppings such as sour cream, minced fresh cilantro, grated cheese, hot sauce, optional

## DIRECTIONS

1. In a large pan or cast iron dutch oven over medium to medium-high heat, cook the ground turkey and onion until the turkey is cooked through and the onion is very soft, about 5 minutes.
2. Add the garlic and cook until just fragrant, about 30 seconds.
3. Add the diced tomatoes, tomato juice, chicken stock, cooked beans, pumpkin puree, chili powder, salt, smoked paprika, and cumin. Stir to combine well.
4. Reduce the heat and let the mixture simmer for at least 15 minutes.
5. Adjust the salt and pepper to taste and serve hot with additional toppings of your choice.

## NOTES

- This recipe works great in the slow cooker! Just cook the meat, onion, and garlic as directed and then add it to your slow cooker. Stir everything else in and let it cook on low for 4-6 hours or high for 2-3 hours.
- You can let this simmer for longer than 15 minutes if you have the time – just add a lid so that all of the moisture doesn't escape. If it does get too thick, you can also add a little more chicken stock to reach your desired thickness.
- You can use ground turkey, chicken, beef, or even elk or deer in this recipe. Use what you like or have on hand.
- I used pinto beans – use what you like. You can also use a mix of beans. I like to cook dried beans in my Instant Pot and keep them in 2-cup portions in my freezer.

# EASY CHICKEN PUMPKIN POT PIE



**Prep**

20 min



**Cook**

25 min



**Total Time**

45 min



**Serves**

12

## INGREDIENTS

- 4 tablespoon butter, divided
- 1 large onion diced, about 1 to 1 ½ cups
- 2 cups cubed fresh pumpkin, peeled and seeds removed, ½-inch cubes
- ¼ cup all-purpose flour
- 2 cups milk or water
- 2-4 cloves minced garlic, about a tablespoon
- 2 cups chopped cooked chicken
- 2 cups frozen peas
- ¼ cup chopped parsley
- ½ teaspoon each salt and pepper
- additional salt and pepper to taste
- 1 and ⅓ sheets puff pastry
- 1 egg + 1 tablespoon water

## DIRECTIONS

1. Lay the puff pastry out so that it can thaw while you work on the rest of the dish.
2. In a large Dutch oven over medium to medium-high heat. Heat 2 tablespoons of butter until melted. Add the onion and cook until it starts to soften, about 4 minutes.
3. Add the pumpkin and cook an additional 2 minutes. Add 2 more tablespoons of butter.
4. When the butter has melted sprinkle the flour over the top of the vegetable mixture and then stir to combine. Cook for 1 minute.
5. Add the milk and garlic and stir until well combine. Let mixture come to a light bubbly boil, stirring often, and let the mixture cook until slightly thickened, about 2 minutes.
6. Stir in the chicken, peas, parsley, and salt and pepper.
7. Preheat the oven to 400 degrees (or the temperature called for on the box of puff pastry) and grease a 9 inch by 13 inch baking dish well. Add the chicken mixture to the pan.

*Continued on next page...*

# EASY CHICKEN PUMPKIN POT PIE

## DIRECTIONS (CONTINUED)

8. Unroll the puff pastry on a lightly floured surface. You need to make it the size of your baking dish. So if you need it to be a little longer, cut some off of a second sheet and use your fingers to lightly press the pieces together. You can use a rolling pin to lightly spread or flatten the pastry.
9. Place the puff pastry on top of the chicken mixture in the pan and trim it as needed so that it will fit just inside the edge of the baking dish.
10. In a small bowl combine the egg and the water and whisk together with a fork. Brush the egg mixture over the puff pastry.
11. Bake the pumpkin pot pie until the puff pastry is golden brown and the filling at the edges starts to bubble, 25 to 30 minutes. Remove from the oven and let the dish cool for 5 minutes before serving warm.

## NOTES

- If you are having a hard time finding one too, you can substitute cubed butternut squash.
- If puff pastry is new to you, just read the directions on the box and let it do its thing. I don't use a lot of premade items from the store, but puff pastry is a welcome exception. It's super hard to make at home and unlike store-bought pie crust, it tastes good! You are going to love using it. It's so flaky, buttery, and pretty. Plus, it really is delicious.
- Having precooked chicken is a great time saver (turkey works great too). If you don't have any already cooked, you can simply cut your raw chicken into bite-sized pieces and cook it while you are cooking the onion. It'll be great either way.
- I had peas on hand so I used those. You can use whatever vegetables you'd like in this dish. I think green beans would also be tasty.
- You could put the pumpkin pot pie filling into ramekins or other small oven-safe dishes, top with puff pastry that fits the small dish, set them on a baking sheet, and bake until golden brown. These would be really fun single-serve mini pot pies! I think this is what I'm going to make for Halloween night.
- You can make the pumpkin mixture ahead of time and store it in the fridge for up to two days. I'd let it come to room temperature or heat it up a bit before adding it to the baking dish and adding the puff pastry, though.

# PUMPKIN CHICKEN CURRY RECIPE



**Prep**  
15 min



**Cook**  
45 min



**Total Time**  
1 hr



**Serves**  
8

## INGREDIENTS

- 3 tablespoons oil, (like peanut, olive, coconut oil)
- 2 tablespoons yellow curry powder
- 1 tablespoon plus 1 teaspoon garam masala, divided
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 pounds chicken, cut into bite-sized pieces
- 1 can coconut milk, (14-ounce)
- 1 can diced tomatoes, with the juice (14.5-ounce)
- 1 cup chicken broth
- 3 tablespoons granulated sugar
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 cups peeled and cubed winter squash, (butternut, acorn, pumpkin squash or sweet potatoes)
- 1/2 cup dried cherries
- salt and pepper to taste
- hot cooked rice for serving

## DIRECTIONS

1. In a large stock pot or Dutch oven heat the oil, curry powder, and 1 tablespoon of garam masala over medium heat. Cook for 3 minutes. If it starts to stick add more oil, you don't want it to burn.
2. Add the onion and garlic and cook for an additional 5 minutes. Again, add more oil if it starts to stick too much.
3. Add the chicken and cook until the chicken is no longer pink in the center, about 10 minutes.

*Continued on next page...*

# PUMPKIN CHICKEN CURRY RECIPE

## DIRECTIONS (CONTINUED)

4. Add the coconut milk, undrained tomatoes, chicken broth, sugar, salt, and pepper. Stir to combine.
5. Add the squash and dried cherries. Cook the curry at a low simmer until the squash is very soft and the mixture thickens, 45 minutes to an hour.
6. 5 minutes before serving, stir in the last 1 teaspoon of garam masala.
7. Serve over hot, cooked rice.

## NOTES

- Curry is one of those dishes that only improve with time. If you have more time, let it cook! The leftovers are better the second day too.
- No cherries? Traditional or golden raisins are a great sub (but the cherries were SO good...).
- The garam masala is added twice because some of its flavor is heightened while cooking and some of it is lost. Adding it in the beginning and again at the end helps to not miss out on any of its goodness.
- You can substitute sweet potatoes for the squash if you'd like or can't find winter squash. Cut the squash into 1 inch pieces and cut sweet potatoes slightly smaller.
- You can use boneless skinless chicken breast for this recipe and it's also really good with using boneless skinless chicken thigh meat.

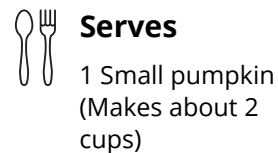


*pumpkin*



*puree*

# HOW TO COOK PUMPKIN IN THE INSTANT POT



## INGREDIENTS

- 1 small sugar or pie pumpkin, (about 2 pounds)
- Trivet that came with your pressure cooker
- 1 cup water

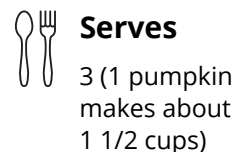
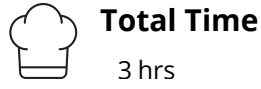
## DIRECTIONS

1. Wash off the outside of your pumpkin, and break off the stem if you can. It's okay if the top of the pumpkin is past the fill mark (since it's not really filling that space), but be sure it's not above the top rim of the pot.
2. Place the pumpkin in a steamer basket that fits your pressure cooker or on the trivet, and then add 1 cup of water to the bottom of the pot.
3. Close the lid, move the gasket to "sealing," and press "pressure cook." Set the cook time to 18 minutes (high pressure), and let the machine do its thing.
4. When the 18 minutes has passed, do a manual pressure release.
5. When the pressure comes down and you can remove the lid, do so carefully.
6. Carefully remove the pumpkin from the Instant Pot, and cut it from top to bottom (stem to blossom end). Use a spoon to scrape the seeds from the squash.
7. Use a spoon to scrape the flesh from the skin (the skin will peel off really easily, too).
8. Use the pumpkin how you like, or add it too a food process or blender and blend until smooth to make a pumpkin puree.

## NOTES

- You can eat mashed pumpkin like you would sweet potatoes or butternut squash. We like it with a little butter, cinnamon, and salt.
- You can use homemade pumpkin puree in recipes calling for canned pumpkin. If your puree is very moist, let it drain in a fine mesh colander for a little while to remove extra moisture before using.
- Cooking your own pumpkin is so rewarding, and it's less wasteful than buying cans from the store.

# HOW TO COOK A PUMPKIN IN THE SLOW COOKER



## INGREDIENTS

- 1 or 2 sugar pumpkins, 3 to 5 pounds each

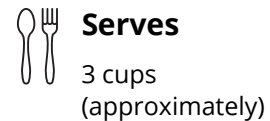
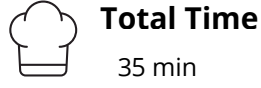
## DIRECTIONS

1. Wash the outside of the pumpkin with warm water taking care to scrub off any dirt if necessary. Remove the stem and cut the pumpkin in half. Remove the seeds (you can save them to roast) and the stringy parts of the inside of the pumpkin with a spoon or an ice cream scoop.
2. Place the pumpkin halves skin side up in your slow cooker and cook on high for 2-3 hours or until a fork pierces through the skin of the pumpkin easily. Allow the pumpkin to cool enough to handle and then scrape the flesh from the shell with a spoon.
3. Use the fresh pumpkin as you would canned pumpkin. Mash the insides with a fork to remove lumps or you may choose to puree it in a food processor or blender before using to get a very smooth texture.
4. Store pumpkin flesh in the fridge for up to a week or in the freezer for up to 6 months.

## NOTES

- If the pumpkin isn't fitting well in your slow cooker, feel free to cut it into a few more pieces.
- Use sugar pumpkins (pie pumpkins) for the best texture and flavor.
- That being said, you can still cook the pumpkins you normally buy to carve!
- Puree the pumpkin if you prefer a smoother texture for baking.
- Save the seeds to roast as a tasty snack.
- You can use fresh pumpkin puree in any recipe calling for pumpkin, though the color will be a little different than using canned pumpkin.
- Homemade pumpkin puree freezes like a dream. Freezing it in one cup proportions is the best option for long-term storage.
- Most you-pick pumpkin patches will have a section of edible pumpkins/squash so be sure to ask if you go.

# HOW TO MAKE HOMEMADE PUMPKIN PUREE



## INGREDIENTS

- 6-10 pounds of fresh pumpkin, one smaller medium or two small pumpkins

## DIRECTIONS

1. Prepare your pumpkins by washing the outside under running water. This helps to make sure you don't get any dirt or other debris in your homemade pumpkin puree.
2. Cut the stem end off of the pumpkin and then cut it in half horizontally to make two pumpkin "bowls".
3. Scrape the seeds from inside the pumpkin (I like to make honey roasted pumpkin seeds with them!).
4. Flip the pumpkins over so the "bowl" is upside down on a parchment or baking mat rimmed baking sheet).
5. Bake at 375 degrees until the flesh is very soft and can be pierced with a fork – 30 to 40 minutes depending on the size of your pumpkin.
6. Remove from the oven and allow the cooked pumpkins to cool until you can handle them.
7. Use a spoon to scrape the flesh from the skin. Mash with a fork or for a truly smooth homemade pumpkin puree, toss the cooked pumpkin flesh into a food processor or blender and process until smooth (this is the preferred method over just using a fork).
8. Store pumpkin puree in an air-tight container in the fridge for up to a week or in the freezer for up to 6 months.

## NOTES

- Don't skip washing your pumpkins before baking them – you never know what's on them (even if they look clean).
- You can store homemade pumpkin puree in an airtight container in the fridge for up to a week or in the freezer for a few months.
- To freeze homemade pumpkin puree, divide it into one-cup portions per freezer zip-top bag.

www.blessrhymesplease.com



*extra*

*goodies*



# HONEY ROASTED PUMPKIN SEEDS WITH CINNAMON



**Prep**  
10 min



**Cook**  
30 min



**Total Time**  
40 min



**Serves**  
2 cups

## INGREDIENTS

- 2 cups raw fresh pumpkin seeds, washed and pumpkin goop picked off
- 1 tablespoons butter
- 1 tablespoons olive oil or coconut oil
- 3 tablespoons honey
- 1 teaspoon cinnamon

## DIRECTIONS

1. Preheat the oven to 275 degrees. If your pumpkin seeds are wet from washing, dry them a bit on a clean dish towel or on paper towels. Place the pumpkin seeds in a medium bowl.
2. In a small microwave safe bowl, add the butter, oil or coconut oil, and honey. Microwave until the butter melts and the honey is runny. Pour the honey mixture over the pumpkin seeds and stir. Add the cinnamon and stir again.
3. Line a rimmed baking sheet with parchment paper so that the paper hangs over both ends. Dump the pumpkin seeds into the middle of the paper and place it in the oven. Bake for 30 to 40 minutes until the seeds and honey are a deep golden brown, stirring every 10 minutes.
4. When the seeds are roasted, remove from the oven and stir again. Stir a few times as they cool to keep them from sticking in one big lump. Enjoy the seeds once they are cool enough to eat. Store uncovered for up to one week.

*Continued on next page...*

# HONEY ROASTED PUMPKIN SEEDS WITH CINNAMON

## CONTINUED

## NOTES

- Here's how I prep my fresh pumpkin seeds for cooking: I put everything I scraped from the pumpkin into a bowl. I use my hands to kind of squeeze the seeds from the strings they are sticking to. I do this to get rid of the biggest chunks of pumpkin. Then I fill up the bowl of pumpkin seeds with water and let them sit for a minute. I use my hands to strain out a little more pumpkin. Lastly, I drain the pumpkin seeds into a colander and spray them with water. Between using my hands and all the water, I end up with very little pumpkin pulp left behind. A little left doesn't matter anyways; it kind of disappears when you bake it. Not sure how official that all is, but it works.
- Nuts and seeds, especially when coated with a sugar (in this case honey), tend to burn quickly and easily. Keep a close eye on these. Stir often and if they appear to be getting too brown too fast, turn down the oven temperature a bit.
- Super cheap honey often tastes bitter to me and that's no good. I like to get local honey and in a pinch Costco's organic honey is a good option too.

# ROASTED PUMPKIN SEED BRITTLE



**Prep**

15 min



**Cook**

40 min



**Total Time**

55 min



**Serves**

12 (Makes  
2 cups)

## INGREDIENTS

- 1 1/2 cups raw pumpkin seeds
- 1/2 cup water
- 1/2 cup light corn syrup
- 1 cup sugar
- 1/2 teaspoon baking soda
- 1 T. pure vanilla extract
- 1 T. butter, plus a little more for the pan
- 1/4 tsp. kosher salt

## DIRECTIONS

1. Wash the pumpkin seeds well and remove any bits of pumpkin pulp.
2. Preheat the oven to 325 degrees.
3. Lay the seeds out on an unlined, ungreased metal baking sheet and let them dry while the oven is heating. Once the oven is hot place the pumpkin seeds inside and bake for 30 minutes.
4. After 30 minutes stir the seeds around and then continue to bake until seeds start to brown slightly and begin to have an aroma, 20 to 30 minutes. Once the seeds are cooked, remove from the oven.
5. Butter a large metal baking sheet and set aside.
6. Measure out the baking soda, vanilla, and butter into a small bowl and set it aside.
7. In a medium saucepan, bring the water, corn syrup, and sugar to a boil over medium high heat. Stir the mixture while the sugar is dissolving. Once the sugar is dissolved and the mixture begins to bubble, don't stir anymore.
8. Using a candy thermometer, allow the mixture to reach 285 degrees (soft crack stage). Stir in the toasted pumpkin seeds and continue cooking. Cook until the mixture reaches 300 degrees (hard crack stage), and be sure to stir often once the seeds have been added to prevent them from sticking to the bottom of the pan.

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# ROASTED PUMPKIN SEED BRITTLE

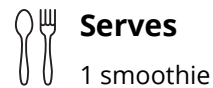
## DIRECTIONS (CONTINUED)

9. Remove the sugar and seed mixture from the heat and stir in the baking soda, vanilla, and butter. The mixture will puff up and foam; that's normal. Stir until it almost stops foaming and then quickly pour the brittle, as thin as possible, onto the buttered baking sheet.
10. You can pick up the edges of the pan and tilt it back and forth to help the brittle spread, just don't spread it with a spoon. While the brittle is still hot, sprinkle on the kosher salt.
11. Let the brittle completely cool and then break it into pieces. Store in an airtight container or a plastic freezer bag at room temperature for up to two weeks.

## NOTES

- I recommend calibrating your candy thermometer. I did this and realized my thermometer was off by 12 degrees (which is a lot!). So now I adjust the temperature accordingly and I haven't burnt a batch of candy since. Here's a great post on how to calibrate your candy thermometer with lots of pictures.
- If you don't want salt on top of the brittle, then feel free to stir it in with the soda, vanilla, and butter.
- Putting the pumpkin seeds in a strainer and then running water over them is a good way to clean the pumpkin goo off.

# HEALTHY PUMPKIN PROTEIN SMOOTHIE



## INGREDIENTS

- 1/2 cup pumpkin purée
- 1 cup plain Greek yogurt
- 1 cup ice
- 1/2 to 1 cup vanilla almond milk
- 1 ounce pecans
- 1-2 tablespoons pure maple syrup, optional, to taste
- dash of cinnamon or pumpkin pie spice

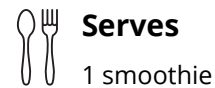
## DIRECTIONS

1. Add all of the ingredients to the jar of your blender and blend until smooth. Start with 1/2 cup of almond milk and adjust according to your preference and how well your blender is moving things around (more liquid makes it easier for your blender to process things). Enjoy right away.

## NOTES

- The nutrition information on this smoothie will depend a lot on the ingredients you use, so I suggest you calculate the nutritional information in an app (such as My Fitness Pal) for the most accurate information.
- You can use pecans for more of a fall taste. If you are new to nuts in smoothies, I would recommend some cashews, because they blend up extra smooth and creamy. Or you can skip the nuts altogether if that's not your jam.
- This smoothie is best enjoyed right away but you could stick it in the fridge for a few hours and then shake it up because some separation is to be expected.

# HOMEMADE PUMPKIN DOG TREATS



## INGREDIENTS

- 1 cup pumpkin, canned or homemade puree
- 2 eggs
- ¼ cup creamy peanut butter
- 2 ½ to 3 cups whole wheat flour

## DIRECTIONS

1. Preheat the oven to 350°F.
2. In a medium mixing bowl, combine the pumpkin, eggs, and peanut butter, and stir well.
3. Add 2 ½ cups of flour and stir to combine. The dough should be about the consistency of play-dough — soft and easy to roll out, but not wet and sticky. Add more flour as needed to reach this consistency.
4. Divide the dough in half. Working with one piece at a time, roll it out on a well-floured surface until it is ½-inch thick.
5. Cut out the dog treats using a cookie cutter, or you can simply cut them into squares using a knife or pizza cutter.
6. Place the cut-out cookies on a parchment-lined baking sheet.
7. Repeat with remaining dough, gathering and re-rolling the scrap dough until all the dough is used.
8. Bake for 20 minutes or until cooked through. (The treats will still be a little soft at the 20-minute mark. Bake for an additional 10 minutes if you'd like a crisp dog treat.)
9. Store in an airtight container in the fridge for up to a week or in the freezer for 3 months.

## NOTES

- The nutrition information on this smoothie will depend a lot on the ingredients you use, so I suggest you calculate the nutritional information in an app (such as My Fitness Pal) for the most accurate information.
- You can use pecans for more of a fall taste. If you are new to nuts in smoothies, I would recommend some cashews, because they blend up extra smooth and creamy. Or you can skip the nuts altogether if that's not your jam.
- This smoothie is best enjoyed right away but you could stick it in the fridge for a few hours and then shake it up because some separation is to be expected.

# KITCHEN CONVERSION CHART

LIQUID MEASURES				
FLUID OZ	CUP	PINT	QUART	GALLON
8	1	1/2	1/4	1/16
16	2	1	1/2	1/8
32	4	2	1	1/4
64	8	4	2	1/2
128	16	8	4	1

DRY MEASURES			
GRAM	TEASPOON	TABLESPOON	CUP
14	3	1	1/16
29	6	2	1/8
57	12	4	1/4
114	24	8	1/2
171	36	12	3/4
229	48	16	1

OVEN TEMPERATURES					
°C	120	160	180	205	220
°F	250	320	350	400	425

WEEK OF: \_\_\_\_\_

# GROCERY LIST

## FRUITS & VEGETABLES

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# CONTACT

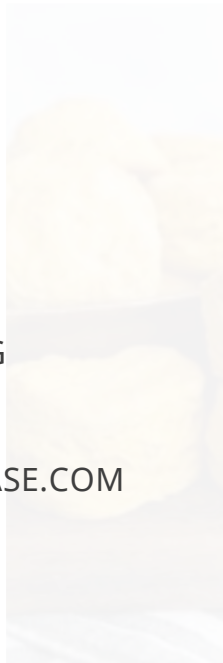


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