



ALL THINGS

Pumpkin

By Carmen Ohling

All Things Pumpkin!

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I am so excited to bring you these easy, healthy and delicious pumpkin recipes. I know that you will enjoy them and they will become a part of your new weekly rotation this season!

I love seeing your food creations too, so be sure to tag me when you post your pictures on Facebook and Instagram @carmenohling.

I am sure you may have a few questions or need a little motivation every now and then, so I invite you to join our Facebook community, using the link below!

Facebook Group:

<https://www.facebook.com/groups/carmenohling.eat.move.live/>

Enjoy!

Carmen



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Pumpkin Pie Protein Smoothie

1 serving

10 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Pureed Pumpkin
1/2 Banana (frozen)
1/2 tsp Vanilla Extract
1/2 tsp Pumpkin Pie Spice
1/4 cup Vanilla Protein Powder (1 scoop)

Nutrition

Amount per serving	
Calories	218
Fat	4g
Carbs	27g
Fiber	7g
Protein	22g

Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Pumpkin Pie Spice, Use cinnamon instead.

Toppings, Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up, To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Pumpkin Spice Chia Pudding

1 serving
30 minutes

Ingredients

2 tbsps Chia Seeds
1/3 cup Unsweetened Almond Milk
2 tbsps Pureed Pumpkin
1/4 tsp Pumpkin Pie Spice
1 tbsp Unsweetened Coconut Yogurt
(divided)

Nutrition

Amount per serving	
Calories	150
Fat	10g
Carbs	14g
Fiber	8g
Protein	5g

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

No Almond Milk, Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet, Add a drizzle of maple syrup or honey on top.

Additional Toppings, Top with nuts, seeds and/or fruit of choice.

More Protein, Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



Pumpkin Spice Latte

1 serving

10 minutes

Ingredients

1/2 cup Organic Coffee
 2 tbsps Pureed Pumpkin
 1 tbsp Maple Syrup
 1/2 tsp Pumpkin Pie Spice
 3/4 cup Unsweetened Almond Milk
 1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	94
Fat	2g
Carbs	18g
Fiber	2g
Protein	1g

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk, Use coconut milk instead.

No Blender, Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover, Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice, Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

Caffeine Free, Replace coffee with additional almond milk.



Pumpkin Breakfast Cookies

8 servings

45 minutes

Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)

Nutrition

Amount per serving	
Calories	255
Fat	11g
Carbs	38g
Fiber	6g
Protein	7g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Make it Sweeter, Add in a handful of dark organic chocolate chips.

Vegan, Use maple syrup instead of honey and a chia egg instead of an egg.

Storage, Store in the freezer in a zip-loc bag up to 1 month.



Pumpkin Energy Balls

12 servings

25 minutes

Ingredients

1/2 cup Coconut Butter (melted)
 1/2 cup Pureed Pumpkin
 1 tsp Pumpkin Pie Spice
 1 1/2 tsps Monk Fruit Sweetener
 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	74
Fat	7g
Carbs	4g
Fiber	2g
Protein	1g

Directions

- 1 In a blender or food processor add all ingredients and process until the mixture comes together.
- 2 Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is equal to approximately one ball.

Coconut Butter, Ensure the coconut butter is melted, otherwise the mixture will not hold together.

No Monk Fruit Sweetener, Use maple syrup and increase the amount to taste.



Pumpkin Hummus

4 servings

10 minutes

Ingredients

1/2 cup Pureed Pumpkin
2 cups Chickpeas (cooked, drained and rinsed)
2 Garlic (clove)
1/2 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	268
Fat	16g
Carbs	26g
Fiber	7g
Protein	8g

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy, Add chili powder, cayenne pepper or chili flakes.

Extra Toppings, Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With, Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage, Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



Pumpkin Loaf

12 servings

1 hour

Ingredients

3 Egg
 3/4 cup Sunflower Seed Butter
 1/3 cup Maple Syrup
 1/2 cup Pureed Pumpkin
 3 tbsps Coconut Oil
 1/2 Lemon (juiced)
 1/4 cup Coconut Flour
 2 tps Cinnamon
 1 tsp Nutmeg
 1/3 tsp Baking Powder
 1 1/2 tps Ginger (grated)
 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	185
Fat	14g
Carbs	12g
Fiber	2g
Protein	5g

Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 2 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 3 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 4 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 5 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

Notes

Storage, Store in an airtight container in the fridge for 4 to 5 days. If not eating right away, wrap and store in the freezer.

Muffins, Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

Make it Sweet, Stir in a handful of dark organic chocolate chips to the batter before baking.

Serve it With, A cup of herbal tea or our Pumpkin Spice Latte.



Pumpkin Spice Granola

12 servings

40 minutes

Ingredients

- 3 cups Oats (rolled)
- 1 cup Walnuts (chopped)
- 1/2 cup Pumpkin Seeds
- 1/4 cup Ground Flax Seed
- 1/4 tsp Sea Salt
- 3/4 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon
- 1/4 cup Coconut Oil
- 1/3 cup Maple Syrup
- 1/3 cup Pureed Pumpkin

Nutrition

Amount per serving	
Calories	242
Fat	15g
Carbs	23g
Fiber	4g
Protein	6g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 3 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 4 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 5 Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Notes

Leftovers, Stores well in an airtight container up to a week. Freezes well for longer.

No Walnuts, Use pecans or slivered almonds instead.

Nut-Free, Skip the nuts and add extra pumpkin seeds.

Serve it With, Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

Optional Add-Ins, Raisins, dried cranberries, berries or coconut flakes.



Pumpkin Mac n' Cheese

4 servings

20 minutes

Ingredients

2 cups Brown Rice Macaroni (dry)
 1 cup Unsweetened Almond Milk
 1 tbsp Arrowroot Powder
 1 tsp Garlic Powder
 1/3 cup Nutritional Yeast
 1 1/2 tsps Dijon Mustard
 1 cup Pureed Pumpkin
 1 tbsp Maple Syrup
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	292
Fat	3g
Carbs	57g
Fiber	7g
Protein	8g

Directions

- 1 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 3 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 4 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers, Store in an air-tight container in the fridge for up to 5 days.

Spice Lover, Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein, Add cooked diced chicken, chickpeas or lentils.

More Vegetables, Add wilted spinach, kale and/or sauteed mushrooms.



Creamy Coconut Delicata Squash Soup

4 servings

35 minutes

Ingredients

2 Delicata Squash (large)
 1 Medium Yellow Onion (chopped)
 2 stalks Celery (chopped)
 1/2 head Cauliflower Florets
 1/2 cup Pumpkin Puree
 1 tbsp Coriander
 4 cups Chicken Or Vegetable Broth
 3 1/2 cups Lite Coconut Milk (peeled and sliced)
 2 tbsps Juice Lime
 1/4 cup Cilantro (red pepper flakes for garnish)

Nutrition

Amount per serving	
Calories	281
Fat	13g
Carbs	37g
Fiber	7g
Protein	6g

Directions

- 1 Preheat oven to 425°F. Line a baking sheet with tin foil and grease with cooking spray.
- 2 Slice off ends of each delicata squash. Cut lengthwise and remove the seeds. Place each squash half flesh side down on the baking sheet.
- 3 Roast for 30-35 minutes until flesh is soft. Remove from the oven and let cool a few minutes before scooping the flesh out into a medium bowl.
- 4 Heat olive oil in a large, heavy bottomed soup pot or Dutch oven over medium heat.
- 5 Add onions and celery and cook until softened, about 5 minutes.
- 6 Add cauliflower, pumpkin, coriander, salt and pepper, stir and cook another minute.
- 7 Add the scooped out delicata squash and broth to the pot. Bring to a simmer, cover the pot and cook for 10-15 minutes until the cauliflower is fork tender.
- 8 Turn off the heat and either puree using an immersion blender or transfer the mixture to your blender and blend until smooth in batches. *(see note)
- 9 Once smooth, add the coconut milk and lime juice to the pot and stir until well combined.
- 10 Serve with cilantro and/or red pepper flakes.



Pumpkin Veggie Burgers

12 servings

1 hour 20 minutes

Ingredients

2 cups White Navy Beans (cooked)
 1 cup Pureed Pumpkin
 1/2 cup Red Onion (medium, coarsley chopped)
 1 Yellow Bell Pepper (medium, coarsley chopped)
 1 Zucchini (medium, coarsley chopped)
 1 Garlic (clove)
 1 tsp Cumin
 1/2 tsp Oregano
 1/2 tsp Paprika
 1/2 tsp Sea Salt
 1/2 tsp Black Pepper
 2 tbsps Tomato Paste
 1 tbsp Tamari
 1 1/2 cups Almond Flour
 1/2 cup Ground Flax Seed

Nutrition

Amount per serving	
Calories	167
Fat	9g
Carbs	17g
Fiber	7g
Protein	7g

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the white navy beans, pureed pumpkin, red onion, yellow bell pepper, zucchini and garlic into the food processor, and pulse until smooth. Transfer to a large mixing bowl and add in all remaining ingredients. Mix until a thick batter has formed and transfer to the fridge to thicken for 15 minutes.
- 3 Form the mixture into patties and place on the baking sheet. Bake for 40 minutes, carefully flipping at the halfway point. Burgers should be golden brown on the bottoms.
- 4 Remove the burgers from the oven and enjoy!

Notes

Serving Size, A serving size of 12 will make approximately 12 patties.

Too Wet, The mixture will be wet, but you should still be able to form patties with it. If the mix is too wet, add in extra almond flour, 1 tbsp at a time until it reaches a consistency where you are able to form it into patties.

No Oven, Grill on the barbecue.

Topping Ideas, Guacamole, tomato, lettuce, onion, mustard, hot sauce or our Vegan Ranch Dressing.

Serve it On, A burger bun, bed of greens, lettuce wrap, tortilla or sweet potato toasts.

Perfect Burgers, Use the lid of a mason jar to shape burgers into perfect circles.

Crisp Them Up, After removing from the oven, fry the patties in a pan with some coconut oil to make them crispy.



Scalloped Sweet Potatoes

6 servings

1 hour

Ingredients

2 Sweet Potato
 1/4 Yellow Onion (thinly sliced)
 2 tbsps Coconut Oil
 1/4 cup Almond Flour
 1 1/2 cups Organic Coconut Milk
 1 1/2 tsps Garlic Powder
 1 tbsp Thyme (stems removed)
 3/4 tsp Sea Salt
 2/3 cup Pureed Pumpkin

Nutrition

Amount per serving	
Calories	224
Fat	18g
Carbs	15g
Fiber	3g
Protein	3g

Directions

- 1 Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
- 2 Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
- 3 Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
- 4 Preheat oven to 400°F (204°C).
- 5 In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
- 6 Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
- 7 Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
- 8 Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

Notes

More Protein, Add pureed chickpeas to the sauce, or top with diced chicken.

Make it Spicy, Add chilli flakes or cayenne pepper.

Make Veggies, Add layers of spinach and mushrooms.