

FALL
2018



Perfectly Pumpkin

20+ recipes for pumpkin lovers

DESSERTS • ENTREES • BEVERAGES

DIY BEAUTY • PET TREATS



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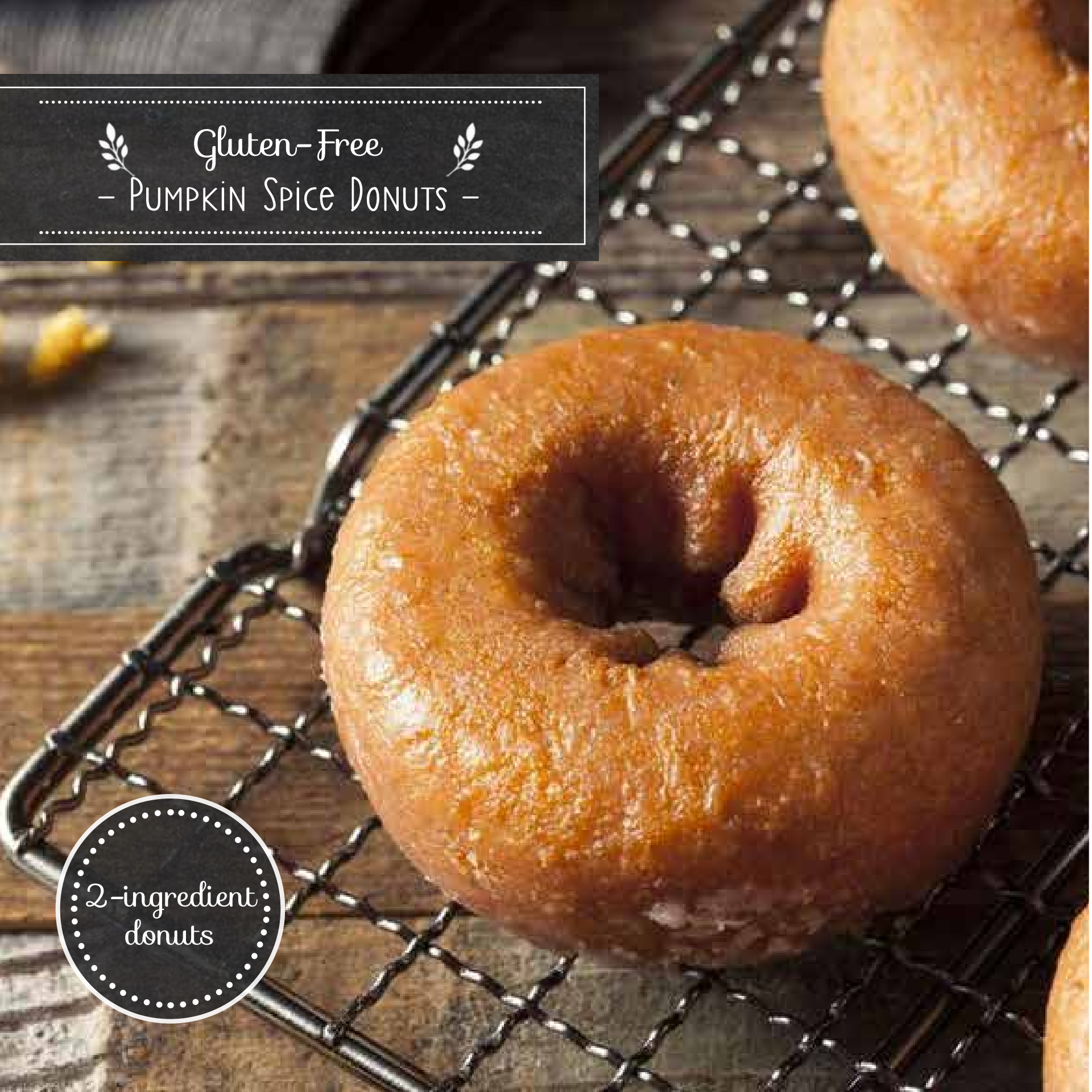
Got an Extra Can of Pumpkin? – 10 Ways to Put it to Use –

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For many, nothing says autumn like a generous slice of pumpkin pie topped with a big dollop of whipped cream. But pumpkin isn't just for pie anymore. The seasonal staple has come a long way in recent years, and can now be found in everything from cookies and cakes to flavorful patties and pasta dishes. It can also be used in DIY beauty treatments and pet treats!

There are so many delicious and creative uses for **pumpkin puree**, so we've rounded up 10 top ways to use your extra cans:

1. **Enjoy it a latte.** Recipes abound for homemade pumpkin spice lattes that rival the one at your local coffee shop.
2. **Season your smoothie.** A few spoons of pumpkin puree can give your go-to smoothie recipe a seasonal boost!
3. **Add autumn oats.** Start your fall morning off right by mixing some pumpkin puree into your bowl of hearty **oatmeal**. (Tip: begin with just a spoonful and add to taste.)
4. **Make a better butter.** All you need are pumpkin puree, **pumpkin pie spice**, sugar and a saucepan or slow cooker, and soon you'll have a buttery, decadent topping for bagels, biscuits and scones.
5. **Elevate your dip.** A little pumpkin puree can go a long way toward enhancing your favorite dip recipes. (Hint: it's especially good in hummus! **See recipe.**)
6. **Pump(kin) up your yogurt.** Mix pumpkin puree with cinnamon, pumpkin pie spice and plain, low-fat regular or Greek yogurt and top with granola and/or raisins for a seasonal twist on an old favorite.
7. **Lend fall flavor to chili.** Add pumpkin puree to your favorite chili recipe for a sweet, subtle, earthy flavor that brings to mind everything autumn.
8. **Care for your hair.** Pumpkin also makes an effective conditioning treatment! Mix a tablespoon of **honey** with a half cup of yogurt and a cup of pumpkin puree and apply to your hair, starting at the roots. Cover with a plastic shower cap for 15 minutes and then rinse and follow with your regular shampoo and conditioner.
9. **Whip up a facial mask.** A moisturizing pumpkin mask is a great way to combat the dry fall air. Add two tablespoons of brown sugar (a powerful exfoliant!) to the hair conditioner recipe above for a simple one that's perfect for all skin types! Spread a thin layer on your face and neck and let it set for 10 minutes.
10. **Make your own moisturizer.** Create a soothing skin lotion by combining a half teaspoon of cinnamon with a half cup of canned pumpkin and a half cup of **coconut oil**. Apply the mixture to dry areas and rinse it off after 15 minutes. Store leftovers in your fridge for up to two weeks!



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Gluten-Free
– PUMPKIN SPICE DONUTS –

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2-ingredient
donuts

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Ingredients

– Makes 1 DOZEN –

DONUTS

- 15 oz. **canned pumpkin puree**
- 20 oz. **gluten-free spice cake mix**

VANILLA-COCONUT ICING

- $\frac{3}{4}$ cup **organic powdered sugar**
- $\frac{1}{4}$ cup **light coconut milk** (for thicker icing, go with a **full-fat** version)
- 3 Tbsp. **arrowroot starch**
- 1 Tbsp. **coconut oil**
- $\frac{1}{2}$ tsp. **vanilla**

Add to cart

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Directions

- 1.** Preheat oven to 350 degrees F. Grease donut pan with coconut oil.
- 2.** In a mixing bowl, combine canned pumpkin with spice cake mix.
- 3.** Spoon batter into donut pan.
- 4.** Bake for 25 minutes or until toothpick inserted into donut comes out clean.
- 5.** Set aside at least 5 minutes until pan is cool to the touch.
- 6.** Carefully remove donuts from pan by flipping over donut pan onto wired cooling racks lined with parchment paper.
- 7.** In a small bowl, blend together icing ingredients. Store in fridge until donuts are completely cooled. Ice donuts just before serving.

Courtesy of **Pamela Higgins (Total Health Counseling)**

Pumpkin Spice
— PROTEIN GRANOLA —

Over 9 g
protein per
serving

Ingredients

— Makes 12 servings —

- 3 cups **gluten-free rolled oats**
- 3/4 cup **pumpkin seeds**
- 1 tsp. **pumpkin pie spice**
- 1 tsp. **cinnamon**
- 1/4 tsp. **salt**
- 1/4 cup **coconut oil**
- 1/3 cup **pumpkin puree**
- 1/3 cup **maple syrup**
- 2 tsp. **vanilla extract**
- 2 scoops **ARO Vanilla Whey Protein Complex Powder**

Add to cart

Directions

1. Preheat oven to 325 degrees F and line a baking sheet with parchment paper. Coat parchment paper with non-stick cooking spray and set aside.
2. In a large bowl, add oats, seeds, pumpkin spice, cinnamon and salt. Stir to combine.
3. In a separate, microwave-safe bowl, combine remaining ingredients (except protein powder) and heat in microwave for 30 seconds, stir and heat another 30 seconds.
4. Add protein powder to liquid mixture and stir until smooth. Pour over oat mixture, stirring until thoroughly combined.
5. Evenly spread granola mix onto prepared sheet and bake 40-44 minutes. During baking, stir mixture twice.
6. Let cool slightly before storing or go ahead and eat!

Courtesy of **Nicolette Stramara (Protein Treats by Nicolette)**

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Gluten-Free
— PUMPKIN PANCAKES —

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Easy to
veganize

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Ingredients

- 1-½ cups **Pamela's Products Pancake Mix**
- 1 tsp. **cinnamon**
- ¼ tsp. **nutmeg**
- 1 large egg (or **vegan egg replacer**)
- 1 Tbsp. **Wholesome Sweeteners Organic Sucanat Brown Sugar**, packed
- ¾ cup **Farmer's Market Organic Canned Pumpkin**
- 1 Tbsp. **Vitacost Extra Virgin Certified Organic Coconut Oil**
- 1 cup **Blue Diamond Unsweetened Almond Milk** or water
- **Raw, unsalted pecans**, optional

Add to cart

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Directions

1. In a medium-sized bowl, combine pancake mix and spices.
2. In a separate bowl, whisk together egg and brown sugar, then add pumpkin, oil and almond milk.
3. Add wet ingredients to dry ingredients, mix together to make batter. There may be a few more lumps than your typical pancake batter.
4. In skillet, heat coconut oil on medium-high. Add 1/3 cup batter to make each pancake. When batter starts to bubble, flip over and cook until browned.
5. Top with pecans, if desired.

Courtesy of **Katie Kaleita (Vitacost Content Manager)**

Pumpkin Spice
— BLISS BALLS —

No
bake

Ingredients

- 1 cup oats
- ½ cup pumpkin purée
- ¼ cup coconut palm sugar
- 2 Tbsp. protein powder
- 2 Tbsp. maple syrup
- 1 tsp. pumpkin spice
- 1 tsp. vanilla extract
- Ground cinnamon, to coat
- Shredded coconut, to coat

Add to cart

Directions

1. In a food processor or high-speed blender, pulse oats until a fine powder is reached.
2. In a medium bowl, combine oat powder with remaining dry ingredients.
3. Fold in wet ingredients until evenly combined. The “batter” should be firm with just enough moisture for something to stick to the outside.
4. Use 1-inch scoop to make small balls. Roll balls until outside is smooth, coating in shredded coconut and cinnamon as desired.
5. Store refrigerated in an airtight container for up to a week. Freeze extras if you make a bulk batch.

Courtesy of Margaret Chapman (The Plant Philosophy)

Whipped Pumpkin Seed
– & SPINACH HUMMUS –

Serve with
veggies

Ingredients

– Makes 2-½ TO 3 CUPS –

- ¼ cup **sprouted pumpkin seed butter**
- 2-½ cups cooked **chickpeas**, drained and rinsed
- 1 cup tightly packed baby spinach
- ¼ cup lemon juice
- 1/3 cup water
- 1 clove garlic, peeled
- 2 tsp. **ground cumin**
- 1 tsp. **smoked paprika**
- Freshly ground black pepper, to taste

Add to cart

Directions

1. In a food processor, pulse garlic until finely chopped. Add remaining ingredients, except spinach and water, and puree until smooth.
2. Add spinach. With food processor running, drizzle in water. Puree hummus for one minute until creamy.
3. Transfer to bowl and refrigerate before serving. Store in refrigerator for up to one week.

Courtesy of Allison Day (Yummy Beet)

Almond Butter
– & PUMPKIN PUDDING –

Vegan

Ingredients

– Serves 2 –

- 15 oz. **canned organic pumpkin**
- ½ cup **almond butter**
- 2 Tbsp. **coconut milk** or cream
- 2 tsp. **cinnamon**
- ½ tsp. **nutmeg**
- ½ tsp. **allspice**
- Pinch of **stevia**, to taste

Add to cart

Directions

1. Combine all ingredients in a high-speed blender. Blend until smooth.
(Quick tip: Add additional coconut milk for a thinner consistency or ice for a frozen-treat-like snack.)
2. Serve immediately or chill if desired.

Courtesy of Maura Knowles (Mo, the Morselist)



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❧ Pumpkin Seed Butter ❧
— SALAD DRESSING —

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Enjoy all
year long

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Ingredients

- 1 cup **Dastony Sprouted Pumpkin Seed Butter**
- 1 Tbsp. **raw honey**
- ¼ cup **apple cider vinegar**
- Juice of one large lemon
- 1 tsp. **coconut aminos**

Add to cart

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Directions

1. In a bowl, combine all ingredients and mix until smooth and fully combined. Adjust measurements to taste.
2. Refrigerate leftovers in an airtight glass jar.

Courtesy of **Carrie Forrest (Carrie on Living)**

Roasted Whole

— PUMPKIN —

Paleo

Ingredients

- 2 medium pumpkins
- 2-4 Tbsp. **coconut oil**, melted
- ¼ cup **avocado oil**
- 1 tsp. **ginger**
- 1 tsp. **turmeric**
- Freshly ground black pepper, to taste

Add to cart

Directions

1. Preheat oven to 375 degrees F.
2. Cut tops off pumpkins. Scoop out seeds and rinse, setting aside to dry.
3. Cut one pumpkin into chunks. Arrange on baking dish and brush with coconut oil.
4. Roast until soft, roughly 45 minutes, turning halfway through. Remove from oven and let cool.
5. Remove skin and purée in high-speed blender or food processor. Add avocado oil and spices, blending until well combined.
6. Place second pumpkin on baking sheet and fill with mixture. Heat in oven until warm
7. Sprinkle seeds on top and serve immediately.
8. Pair this dish with your favorite salad and protein for a perfectly balanced fall meal.

Courtesy of **Neil Stephenson (Paleoista)**

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Comforting

— PUMPKIN-HEMP SOUP —

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With
soy-free
tofu

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Ingredients

- 1 pkg. Tempt hemp tofu
- 16 oz. **pure pumpkin**
- 1 onion, diced
- 2-3 tsp. **cinnamon**
- ½ tsp. **nutmeg**
- 1/3 cup **cashew butter** or cashew cream
- 1-½ cups **unsweetened cashew** or nut milk of choice
- Freshly ground black pepper, to taste
- **Cayenne pepper**, optional

Add to cart

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Directions

- 1.** In a medium pan, lightly sauté chopped onion in coconut oil until golden brown, then add hemp tofu and spices until nicely browned.
- 2.** In a separate pot, add pumpkin, cashew cream or butter, milk of choice and peppers, if desired.
- 3.** Add browned onion and tofu to the pot. Cover and cook on medium-low for approximately 20-25 minutes, just warm enough to your taste.
- 4.** Transfer into a high-speed blender or food processor and blend well. This will be a hearty, creamy, thicker consistency. For a thinner consistency, add more milk or some water.
- 5.** Garnish with a dollop of cashew cream and chopped green onions or chives.

Courtesy of **Maura Knowles (Mo, the Morselist)**

Vegan
— PUMPKIN PIZZA —

Gluten-free

Ingredients

- 1 pkg. **gluten-free pizza crust mix**
- 1 Tbsp. **pumpkin seed oil**
- ½ cup **Cucina Antica Tuscany Pumpkin Pasta Sauce**
- Dash **ground ginger**
- 2 Tbsp. olive oil
- Dash **nutmeg**
- 1-½ cups water
- Dash **cinnamon**
- 2 **flax eggs**
- Dash **dried thyme**
- Salt and pepper, to taste

TOPPINGS

- ½ tomato, sliced
- 4 garlic cloves, finely chopped
- 1 jar **artichoke hearts**, diced
- ¼ cup **roasted pumpkin seeds**
- ¼ cup **sun-dried tomatoes**, diced
- Handful of fresh basil, chopped
- ½ red pepper, sliced

Add to cart

Directions

1. Create dough according to package directions, using olive oil, water and flax eggs.
2. Divide dough into two large balls and place in a covered bowl for 20 minutes.
3. Preheat oven to 425 degrees F.
4. Roll out half of the dough onto a pizza stone.
5. Coat dough with pumpkin seed oil, ginger, nutmeg, cinnamon, thyme, salt and pepper.
6. Bake crust for 9 minutes.
7. Remove crust from the oven, spread on sauce and evenly arrange toppings (except for pumpkin seeds and basil) on top.
8. Bake for 15 minutes, adding basil and pumpkin seeds after 10 minutes, when almost finished baking.

Courtesy of **Andrew Davis (Millennial Kitchen)**

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Spicy

– PUMPKIN-Oat Patties –

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163 calories
per patty

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Ingredients

– Makes 4 patties –

- 1 cup **rolled oats**
- ¾ cup **pumpkin puree** or
fresh pumpkin, mashed
- 1 Tbsp. **hemp seeds**
- ¼ cup **unsalted sunflower
seeds**
- 1 tsp. **chili powder**
- ½ tsp. **sea salt**

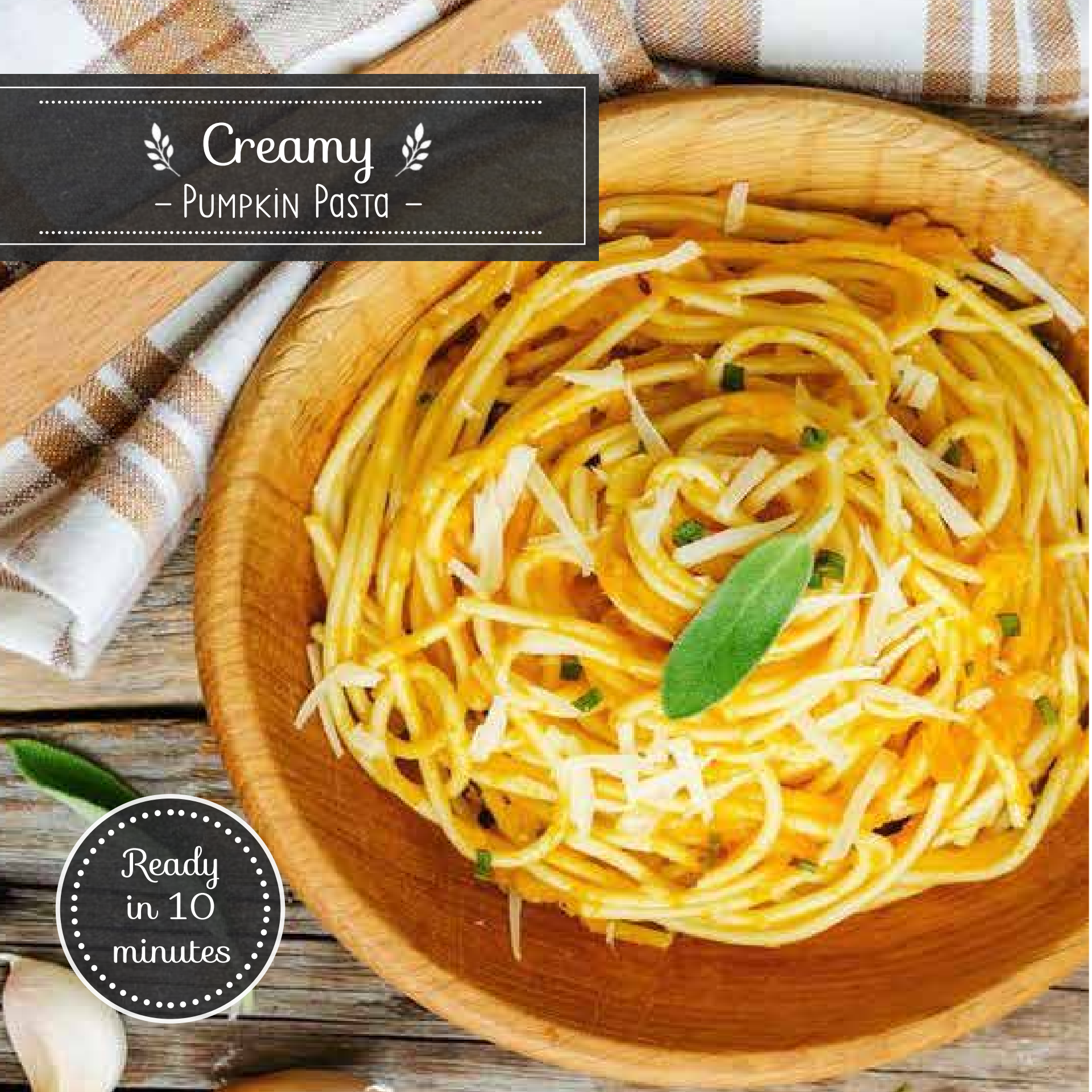
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Directions

1. Preheat oven to 300 degrees F. Lightly grease cookie sheet.
2. In a food processor, pulse ingredients together. (Note: If you prefer to have smoother patties, blend oats and seeds before adding the remaining ingredients. Blend until broken down and powdery. Or, you can leave chunks of whole seeds and oats for added crunch.)
3. Divide and form mixture into 4 patties. Place on prepared cookie sheet.
4. Bake for 10 minutes, or until edges become crispy. The center should still be pretty soft.
5. Spread hummus on a bun, add a pumpkin patty and then top with a handful of spinach, a juicy slice of tomato and a few rings of onion. Or, pair your patty with a bed of spinach, shredded vegan “cheese” and a drizzle of balsamic vinaigrette.

Courtesy of **Liz Lotts (Lotts O’ Miles)**



Creamy — PUMPKIN PASTA —

Ready
in 10
minutes

Ingredients

- 12 oz. **whole wheat pasta**
- ½ cup **organic canned pumpkin**
- 2 oz. nonfat Greek yogurt, plain
- 1-½ tsp. **extra-virgin olive oil**
- ¼ cup chopped yellow onions or shallots
- ½ clove garlic or ½ tsp. **minced garlic**
- Dash **crushed red pepper**, optional
- ½ tsp. **pumpkin pie spice**
- ¼ tsp. **sea salt**
- 2 tsp. Parmesan cheese, grated
- Sprig of fresh rosemary for garnish, optional

Add to cart

Directions

1. Cook pasta according to package directions; drain, rinse and set aside.
2. In sauté pan, cook chopped onions or shallots and garlic in olive oil.
When softened, mix in Greek yogurt, pumpkin puree, sea salt and spices.
Add Parmesan cheese last.
3. Pour sauce over pasta and toss to combine.

Courtesy of Jorie Mark (Kroger Social Media Manager)

Traditional Gluten-Free
– PUMPKIN Pie –

Tradition
with a
twist

Ingredients

- ½ pkg. **gluten-free pie crust mix**
- 15 oz. can pumpkin puree
- 12 oz. can evaporated milk
- ¾ cup **brown sugar**, packed
- 2 oz. butter (melted/cooled)
- 2 eggs
- 1 Tbsp. vanilla
- 1 tsp. cinnamon
- 1 tsp. ginger
- ¼ tsp. nutmeg
- ½ tsp. allspice

Add to cart

Directions

1. Prepare pie crust and refrigerate as instructed. When ready to make pie, remove dough from refrigerator and let sit at room temperature until malleable.
2. Place dough between two sheets of heavy-duty plastic wrap. Use rolling pin to roll dough into 12-inch circle.
3. Remove top layer of plastic wrap and turn over dough into 9-inch non-stick pie plate. Press crust in place, then remove other layer of plastic wrap. Freeze for 15 minutes.
4. Preheat oven to 350 degrees F.
5. To make pie filling, in large bowl, combine pumpkin puree, milk, butter, eggs, vanilla, sugar and spices. Whisk until well combined.
6. Pour filling into pie crust and bake about 1 hour, until center of pie is firm. Let cool completely before serving.

Courtesy of **Bob's Red Mill**

A close-up photograph of several round, golden-brown oatmeal cookies stacked on a piece of parchment paper. The cookies are filled with a thick, white cashew cream. The background is slightly blurred, showing more cookies and the parchment paper.

Pumpkin Pie Oatmeal Cookies

– WITH CASHEW CREAM FILLING –

Kid-
friendly

Ingredients

– Makes 16 –

COOKIES

- 3 cups **rolled oats**
- 1 cup **organic sugar**
- 1 tsp. cinnamon
- 1 tsp. baking soda
- ¼ tsp. nutmeg
- 15 oz. **pumpkin purée**
- ¼ cup **vanilla almond milk**
- Pinch of salt

CASHEW CREAM FILLING

- 2 cups **raw cashews**, soaked overnight and drained
- 1-2 cups non-dairy milk, to blend
- ½-1 cup **organic powdered sugar**
- 1 tsp. **vanilla powder**

Add to cart

Directions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a food processor, pulse 1-½ cups rolled oats until texture is a fine powder. Then, pulse remaining 1-½ cups, leaving some chunks.
3. In a large bowl, combine oats with sugar, baking soda, cinnamon, nutmeg and salt. In a medium-sized bowl, mix pumpkin and almond milk. Add pumpkin mixture to dry ingredients and mix until fully combined.
4. With a rounded tablespoon or 1-inch cookie scoop, spoon out batter and place on prepared baking sheet, leaving an inch or two between each. Use a clean, even surface (like the bottom of a glass jar) to flatten each cookie to about ¼ - ½-inch thickness.
5. Bake for 10-12 minutes.
6. Meanwhile, prepare filling. In a high-speed blender, pulse soaked and drained cashews for one minute on their own. Add milk and vanilla powder and blend until smooth.
7. Transfer to mixing bowl. Mix by hand, adding a tablespoon of powdered sugar at a time, until you reach desired texture and taste.
8. Remove baked cookies from oven and let cool completely. Once cooled, add dollop of cashew cream to the center of half the cookies and top with the remaining cookies.

Courtesy of **Margaret Chapman (The Plant Philosophy)**



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Gluten-Free Pumpkin Cupcakes

— WITH MAPLE CREAM CHEESE FROSTING —

.....

Dice
ginger for
bigger
chunks

.....

Ingredients

— Makes 15 —

COOKIES

- 3 cups **Bob's Red Mill**
- 3 eggs
- **Gluten-Free Vanilla Cake Mix**
- 15 oz. canned pumpkin puree
- 1 tsp. ground cinnamon
- 3 Tbsp. coconut oil, melted
- ¼ tsp. ground nutmeg
- ¼ cup crystallized ginger, minced

MAPLE CREAM CHEESE FROSTING

- 3 Tbsp. maple syrup
- 8 oz. cream cheese, softened

Add to cart

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Directions

1. Preheat oven to 325 degrees F. Line 15 muffin wells with paper liners. Lightly spray inside of liners with non-stick spray.
2. In small bowl, mix together canned pumpkin and melted coconut oil.
3. In large bowl, beat eggs on medium-low speed for 30 seconds. Add pumpkin mixture to eggs and continue to mix on medium-low until just combined. Add cake mix and spices and mix until combined. Fold in ginger.
4. Pour mixture into muffin liners, filling ¾ of the way. Bake for 25 minutes.
5. Meanwhile, prepare frosting. In a small bowl, beat together frosting ingredients until smooth.
6. When cupcakes have baked and cooled completely, top with frosting.

Courtesy of **Bob's Red Mill**

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Homemade

— PUMPKIN-ALMOND BUTTER CUPS —

.....

Vegan

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Ingredients

— Makes 12 —

CHOCOLATE

- 2/3 cup unsweetened cocoa powder
- 1/3 cup coconut oil
- 1 Tbsp. molasses

FILLING

- ½ cup pumpkin puree
- 1/3 cup agave
- ½ cup roasted almond butter
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. sea salt

TOPPING

- 12 whole almonds

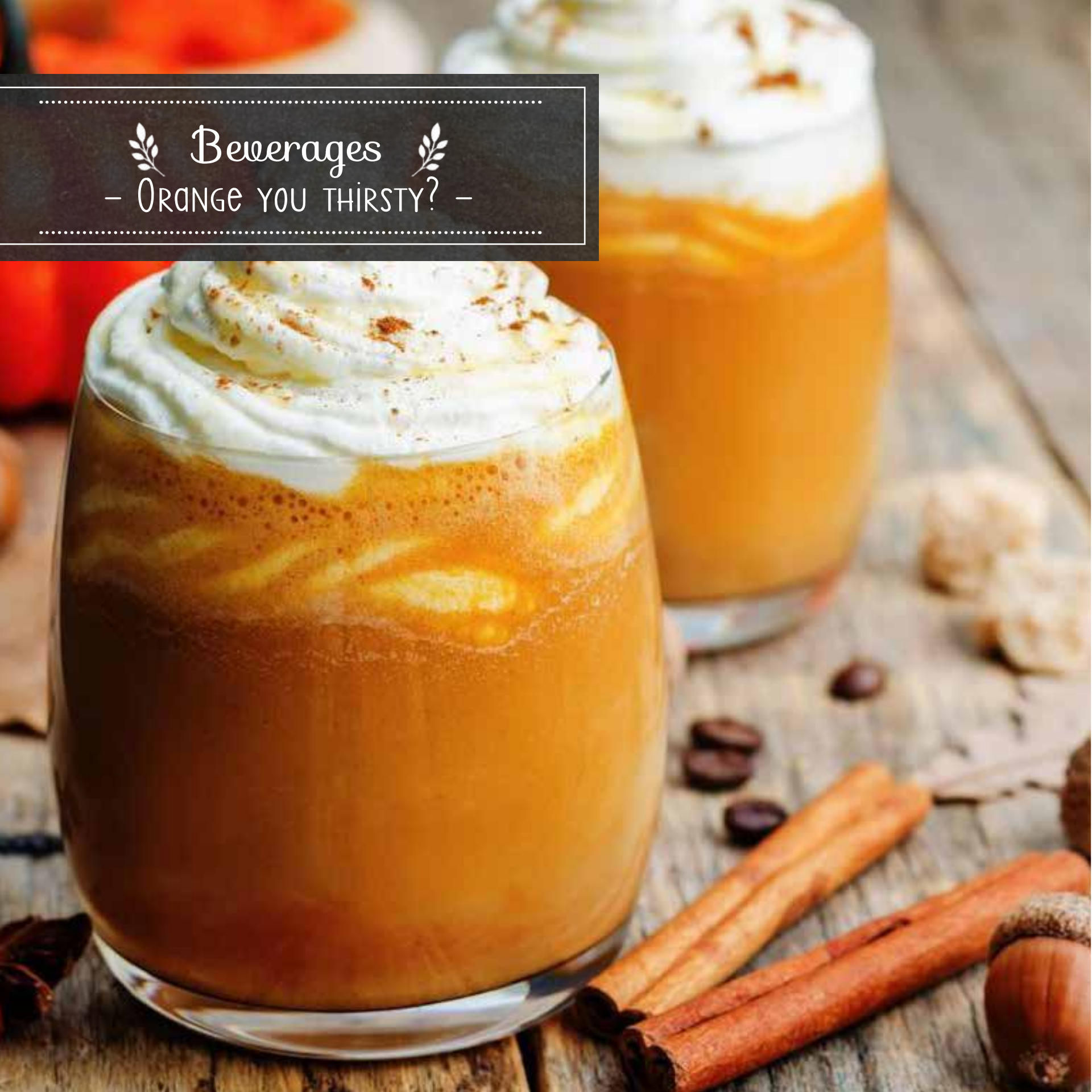
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Directions

1. Place paper liners in muffin tin.
2. For filling, in medium-sized bowl, whisk together filling ingredients.
3. For chocolate, in medium-sized saucepan, heat coconut oil over low heat until melted. Whisk in remaining ingredients.
4. To assemble, pour 2 tsp. chocolate into muffin liners. Spoon filling over chocolate, then pour on remaining chocolate. Use toothpick to lightly swirl chocolate and filling for a “spooky” look! Top with 1 almond per cup.
5. Freeze cups for at least 3 hours (6 hours for them to be completely solid).
6. Store in freezer for up to two months.

Courtesy of Allison Day (Yummy Beet)



.....
Beverages
- ORANGE YOU THIRSTY? -
.....

Pumpkin Seed Milk

Pumpkin Spice Coffee "Cream"

..... Ingredients

- 1 cup **pumpkin seeds**
- 5 cups water
- ¼ tsp. **vanilla**
- **Stevia** or agave syrup, maple syrup or honey, optional, to taste

- 1 cup **almond milk**
- ¾ cup **coconut sugar**
- 15 oz. **organic pumpkin**
- 1 tsp. **pumpkin pie spice**
- 1 Tbsp. **organic maple syrup**

Add to cart

Add to cart

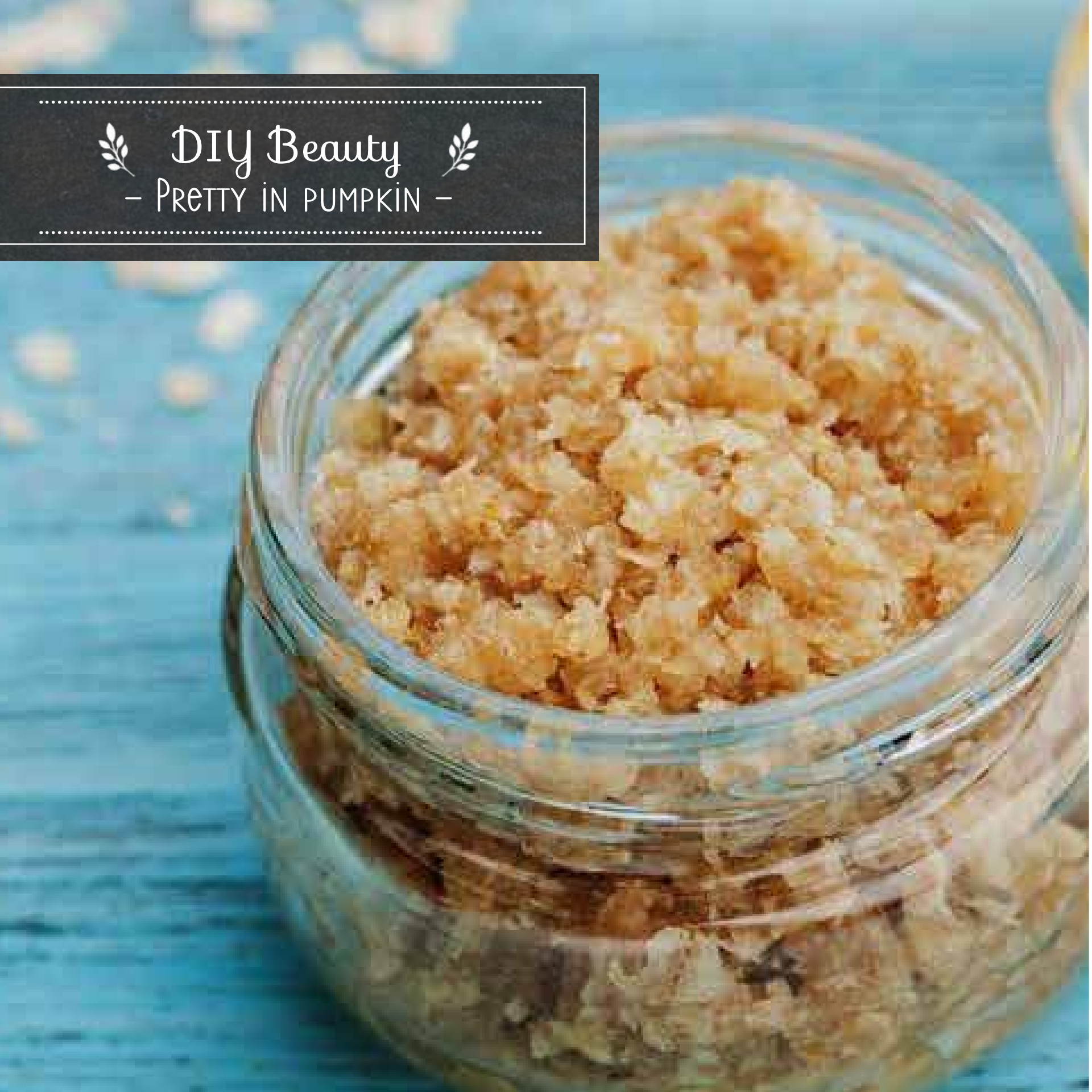
..... Directions

1. In a high-speed blender, combine all ingredients; blend on high for one minute.
2. Strain liquid.
3. Add vanilla and/or optional sweetener, if desired.

1. In a small bowl, combine all ingredients except almond milk and whisk until smooth.
2. Transfer mixture to a pot and heat over medium for 5 to 8 minutes, whisking often to prevent burning.
3. Pour mixture into a high-speed blender and blend while pouring in almond milk, increasing speed until mixture is smooth and creamy. (Note: Add more or less almond milk to get the consistency you prefer.)

Courtesy of **Dr. Laurie Steelsmith**

Courtesy of **Margaret Chapman**
(The Plant Philosophy)



DIY Beauty
- PRETTY IN PUMPKIN -

Pumpkin Pie Scrub

Pumpkin Body Mask

Ingredients

- 2-3 Tbsp. **pumpkin puree** or cooked, mashed pumpkin
- 2 Tbsp. plain unsweetened yogurt
- 1 Tbsp. **ground oats** or **almonds**

Add to cart

- ½ cup **pumpkin puree**
- ½ cup **extra-virgin coconut oil**
- ½ tsp. **ground cinnamon**

Add to cart

Directions

1. In a small bowl, combine ingredients until smooth.
2. Apply to face and let sit for a few minutes. Gently exfoliate and rinse.

1. In a small bowl, combine all ingredients.
2. Apply to clean skin and let absorb for 10 minutes, then rinse with warm water.

Courtesy of Jorie Mark (Kroger Social Media Manager)



.....
Dog Treats
- ALL DOGS LOVE PUMPKIN -
.....

Pumpkin-Apple Biscuits

Pup-kin Ice Cream

..... Ingredients

- ½ cup water
- ½ cup **pumpkin**
- 1 cup diced apple
- 2-1/3 cups **flour**
- 1 egg
- 1 tsp. **baking powder**

- 29 oz. **canned pumpkin puree**
- ½ cup **peanut butter**
- 1 cup yogurt

Add to cart

Add to cart

..... Directions

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Whisk baking powder and flour together until any lumps are eliminated. Add pumpkin, apple, egg and water and stir until dry ingredients are completely moistened.
3. Roll out dough on lightly floured surface and cut into shapes with cookie cutter.
4. Transfer cut dough to prepared baking sheet.
5. Bake for approximately 30 minutes or until crisp. On a wire rack, cool completely before serving.

1. In a high-speed blender, blend ingredients until smooth.
2. Pour mixture into small container or ice cube tray. Freeze for several hours prior to serving.

Courtesy of **Melissa Neiman**

The background of the image shows two pumpkin muffins with white frosting and a dusting of brown powder, sitting on a white plate with a gold rim. In the background, there are several large orange pumpkins and a small white container, possibly for sugar or flour, on a wooden surface.

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