



PUMPKIN SEASON!

5 easy canned pumpkin recipes

Here are 5 of my favorite pumpkin recipes! Check out mindovermunch.com/ebooks for more recipes in my Fall Seasonal, Halloween, Thanksgiving and Christmas eBooks! Nutrition is included as well as ingredients noted in grams.



PUMPKIN BREAD/MUFFINS (also available in my Ho Ho Healthy eBook!)

- 1 ½ cups oat flour
- 1 cup pumpkin pureé
- ¼ cup sweetener
- 2 Tbsp coconut sugar
- ¼ cup unsweetened apple sauce
- ½ cup egg whites or flax egg
- 1 tsp vanilla
- ¼ tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp pumpkin pie spice
- ¼ tsp nutmeg
- optional: ½ cup pecans/walnuts

Preheat oven to 350°F. Mix all ingredients together in a bowl, stirring in the optional nuts last. Transfer to a sprayed loaf pan (or mini muffin tin for muffins). Bake 30–35 minutes for a larger loaf, 20–25 minutes for smaller loaves, or 15–20 minutes for mini muffins. A toothpick should come out clean. Allow to cool completely before serving.

PUMPKIN SPICE LATTE SYRUP

- 1 cup water
- ½ cup coconut sugar
- ½ cup erythritol
- 1 cup pumpkin pureé
- 1 tsp cinnamon
- 2 cinnamon sticks
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract

Add all ingredients into a saucepan over medium high heat, bring to a boil. Reduce heat to medium and simmer 5 minutes. Remove cinnamon sticks and transfer to a bottle to store.

To make latté: heat ¾ cup milk and ¾ cup strong coffee or espresso over medium heat. Mix in 1-2 Tbsp syrup (depending on sweetness preference).

LIGHT PUMPKIN CHEESECAKE

- 8 oz low fat cream cheese or neufchatel cheese
- 1 cup nonfat Greek yogurt
- 1 15 oz can pumpkin pureé
- ⅓ cup erythritol, or other sweetener of choice
- 2 eggs
- 2 egg whites
- 3 Tbsp oat flour
- 2 tsp pumpkin pie spice
- 1 tsp cinnamon
- 1 tsp vanilla extract
- CRUST: 1 cup dates (soaked), 1 cup nuts, ½ tsp cinnamon

Combine crust ingredients in food processor until sticky and combined. Press into a 9" springform pan. Set aside. Preheat oven to 325°F.

Combine cream cheese, yogurt, sweeteners and salt with a mixer until smooth and fluffy. Add remaining ingredients and mix to combine. Pour into the crust, tapping to release any air bubbles. Bake for around 1 hour, until just set and the center wiggles a bit. Turn off the oven, crack the door, and allow to sit in the oven for 15–20 minutes before transferring to a wire rack to cool. Cool completely and then chill in the refrigerator until cold. Run an offset spatula around the cheesecake to release the sides, release from the pan, and serve!

VEGAN PUMPKIN CHEESECAKE

- 1 cup raw cashews, soaked
- 1 15 oz can pumpkin pureé
- ½ cup maple syrup
- 1 Tbsp lemon juice
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- ¼ tsp salt

Crust: same as above OR use mini gingersnap cookies. Preheat oven to 300°F. Line muffin tins with papers. Blend cashews in food processor until a paste forms. Add remaining ingredients and blend. Place cookie/crust in the bottom of your liners and top with filling. Bake 20 minutes. Cool completely at room temperature and then refrigerate until set.

PUMPKIN CURRY

(also available in my Fall Seasonal eBook!)

- 32 oz boneless skinless chicken breast
- 1 15 oz can pumpkin pureé
- 1 14.5 oz can diced tomatoes
- ¾ cup chicken/vegetable broth
- ½ cup light coconut milk
- 1 onion, chopped
- 1/2 head medium cauliflower florets
- 2 celery stalks, chopped
- 2 large adult carrots, sliced into rounds
- 1 zucchini, cut thinly as flat "noodles"
- 1 tsp minced garlic
- 1 ½ tsp curry powder
- 1 ½ tsp garam masala
- 1 tsp cumin
- 1 tsp cinnamon
- ¾ tsp salt
- ½ tsp ginger
- ½ tsp turmeric
- ½ tsp pepper

Cut chicken breasts into 4-6 oz pieces. Combine all ingredients in a large slow cooker. Cook on low for 6-8 hours. Remove chicken pieces and shred, using 2 forks to pull apart. Return shredded chicken to slow cooker and mix into sauce. Serve!



mind over munch
[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)
Watch this video!