

## Pumpkin Puree

### Ingredients

- Pumpkin

- Preheat oven to 350 degrees
- Cut pumpkin in half and clean out all the fibrous innards and pumpkin seeds. (Set seeds aside for roasting)
- Rinse inside of pumpkin and set halves cut side down on baking sheet lined with parchment paper (for easier clean up).
- Roast pumpkins in oven for 25-35 minutes in oven until pumpkin shell is easily pierced with a fork and pumpkin is soft.
- Allow pumpkin to cool until easy to handle keeping pumpkin cut side down while cooking to allow any juice from the pumpkin to drain onto baking sheet.
- Once pumpkin is cool, gently scrape all flesh from the pumpkin shell into a bowl.
- Run pumpkin through food mill or mash by hand for desired consistency.
- Place finished pumpkin in sieve lined with cheese cloth and place sieve over bowl to allow pumpkin to drain excess juice from puree if puree is too liquid.

## Pumpkin Soup

- cups low-sodium chicken broth
- 1/2 tsp. salt
- cups pumpkin puree
- 1/2 cup chopped onion
- 1/2 tsp. chopped fresh thyme
- 1 clove garlic, minced
- 6 whole black peppercorns
- 1/2 tsp. freshly ground ginger
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1/2 cup heavy whipping cream

### Optional for garnish:

- 4-5 pieces cooked bacon, chopped
- Freshly grated Parmesan
- Sour cream

In a large pot, combine ingredients 1-10 and bring to a boil. Reduce heat to low and simmer for 30 minutes, uncovered.

Using a food processor or blender, puree soup in small batches (1 cup at a time). Or, use an immersion blender to blend right in the pot. Return soup to pot and bring to a boil. Reduce heat to low and simmer for another 30 minutes, uncovered. Remove from heat and stir in heavy cream.

Pour into serving bowls. If desired, top with chopped cooked bacon, Parmesan and/or sour cream.

Enjoy!

## Pumpkin Whoopie Pie

- 3 cups AP Flour
- 1 Tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
  
- 1 cup brown sugar
- 1 cup Sugar
- 1 cup vegetable oil
- 1 - 15 oz. pumpkin puree
- 2 large eggs
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees.

Beat together brown sugar, Sugar, oil and pumpkin. Add eggs one at time, mixing well after each addition, followed by the vanilla. In a separate bowl, shift together the dry ingredients. Slowly incorporate the dry ingredients into the wet until just combined.

Using a pastry bag with a round tip, or a big zip top plastic bag with one corner snipped, squeeze out concentric circles of batter, starting from the middle and working outward until the circles are about 2 inches in diameter. Bake for 11 minutes and cool on a rack.

### Cream Cheese Filling

- 1 - 8 oz. package of cream cheese, softened
- 1 stick of unsalted butter, room temperature
- 1 - 16 oz. package of powdered sugar
- about a capful of vanilla extract
- a pinch of cinnamon (to taste)

Beat together cream cheese and butter. Add powdered sugar, vanilla and cinnamon. Frost flat side of half the pies and top with another piece.

## Pumpkin and Black Bean Soup

1 Red Bell Pepper (About 1 1/2 C.), Seeded & Chopped  
1 Yellow Bell Pepper (About 1 1/2 C.), Seeded & Chopped  
1 Small Onion (About 1 C.), Diced  
1 Jalapeño, Seeded & Diced  
2 Garlic Cloves, Minced  
2 C. Reduced Sodium Vegetable or Chicken Stock  
1 (14.5 Oz.) Can Black Beans, Drained & Rinsed  
1 Pumpkin Puree  
1 Tsp. Ground Cumin  
Salt & Pepper to Taste

Add the bell peppers, onion, jalapeño, and garlic to an oiled pot. Sauté over medium heat for about 5 minutes or until the vegetables start to soften and become fragrant.

Add in the remaining ingredients (except for the pumpkin seeds) and increase the heat to medium-high to bring the mixture to a boil. Once it comes to a boil, reduce the heat to low and simmer for 20 minutes.

Use an emersion blender or transfer to a regular blender to blend down into a 'creamy' soup.

Season to taste with salt and pepper!

## Healthy Pumpkin Pie Smoothie

¼ c pumpkin purée (NOT pumpkin pie filling)  
½ c + 2 tbsp low fat milk or milk substitute  
1 tsp sugar, honey, or maple syrup  
¼ tsp ground cinnamon  
1/16 tsp ground nutmeg  
1/16 tsp ground ginger  
1 ½ c ice cubes

Add everything except the ice to a blender, and pulse until combined. Add the ice, and blend until smooth. Serve immediately.

## Pumpkin Muffins

1 + 1/3 cup unbleached, all-purpose flour  
3 TBSP ground flax  
3/4 tsp baking soda  
3/4 tsp baking powder  
3/4 tsp cinnamon  
1/4 tsp salt  
2 large eggs  
1/2 cup milk  
1/4 cup pure maple syrup  
3 TBSP butter, melted  
1 tsp pure vanilla  
1/2 cup pureed pumpkin

1. Pre-heat oven to 350 degrees F.
2. Line a muffin tin with parchment paper baking cups or spritz with your favorite oil spray. I used parchment liners for uber-easy clean up and zero sticking!
3. In a medium bowl, combine flour flax, baking soda, baking powder, cinnamon, and salt and mix.
4. In a larger bowl, combine lightly beaten eggs with milk, maple syrup, melted butter, vanilla and pumpkin. Whisk until incorporated..
5. Slowly sift the flour mixture into the egg mixture, using a fork to mix in a clockwise motion.
6. Once the mixture is just combined, scoop into muffin cups, filling each about halfway.
7. Bake at 350F on the center rack for approximately 14-16 minutes, inserting a toothpick into the center to check for a fluffy, full-cooked interior.
8. Remove muffins from tray and allow to cool on a wire rack until they're cool enough to eat.
9. Store remaining muffins wrapped on the counter for up to four days or in the freezer for a month. Enjoy!