



HOLIDAY TOP PUMPKIN RECIPES

PUMPKIN SQUARES

INGREDIENTS:

- One 15-oz. can pure pumpkin
- One 12-oz. can evaporated fat-free milk
- 1/2 cup egg whites
- 3/4 cup Splenda No Calorie Sweetener
- 2 tsp. pumpkin pie spice
- 1 cup oats, blended

DIRECTIONS:

Preheat oven to 350 degrees. Combine all ingredients in a bowl, and mix thoroughly. Place mixture in a baking dish and spray lightly with nonstick spray, and bake in the oven for 45 minutes. Allow to cool and cut into squares! Delicious hot or cold!

PUMPKIN PANCAKES

INGREDIENTS:

- 1/2 cup non fat cottage cheese
- 1/2 cup egg whites
- 1/2 c. canned pure pumpkin
- 1/4 c. vanilla protein powder
- 1 tsp. vanilla extract
- 3/4 cup oat flour
- 1/2 tsp. baking powder
- 1 no-calorie sweetener packet or few drops of Stevia
- 2 tsp. cinnamon
- 1 tsp. pumpkin pie spice

OPTIONAL-Natural nut butter for topping

DIRECTIONS:

In a mixing bowl, add eggs, pumpkin puree, non fat cottage cheese, protein powder, vanilla extract, and 2 tbsp. water. Mix well and set aside. In another large bowl, combine all other pancake ingredients: oat flour, baking powder, sweetener, cinnamon, and pumpkin pie spice. Stir well. Add egg mixture and mix



thoroughly. Bring a skillet sprayed with nonstick spray to medium-high heat. Add batter to the pan to form pancake. Cook for 2 – 3 minutes until it is solid enough to flip. Gently flip and cook for an additional 1 – 2 minutes, until both sides are lightly browned and inside is cooked through. Plate your pancake. Remove skillet from heat, re-spray, and return to medium-high heat. Repeat!

QUINOA OAT PUMPKIN MUFFINS

INGREDIENTS:

- 2 egg whites
- 2/3 cup Splenda Granular or equivalent sweetener of your choice
- 1 can (1 3/4 cups) puree pumpkin
- 1 tsp vanilla extract
- 2/3 cup no sugar added apple sauce
- 1 cup quinoa flour
- 1/2 cup oat flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice

DIRECTIONS:

Preheat oven to 425 degrees. Spray a 12-serving muffin pan with nonstick cooking spray or line with paper baking cups and spray insides with nonstick cooking spray. Set aside. In a large bowl combine pumpkin, eggs, Splenda, vanilla, milk and stir well. Sift in flours, baking soda, baking powder, salt, cinnamon and pumpkin pie spice. Fill prepared muffin cups equally, sprinkle tops with extra cinnamon. Bake 20 minutes, or until fully cooked.

PUMPKIN APPLE OATMEAL

INGREDIENTS:

- 1/2 cup oatmeal
- 1 scoop vanilla protein powder
- 2 tbsp. canned pure pumpkin
- 2 tbsp. Fat Free cool whip (optional)
- 1 tsp. pumpkin pie spice
- 1 no-calorie sweetener packet (like Splenda or Stevia!)
- 1 small Fuji or Granny Smith Apple



DIRECTIONS:

Place all ingredients except for Cool whip in a microwave-safe bowl. Add 1/4 cup water and stir. Microwave for 45 seconds, stir, and then continue to cook in the microwave for 30 – 40 seconds. Once oatmeal has thickened, remove bowl from the microwave. Add sliced apples and stir well. Once completely mixed, Add the whip, and stir well. Enjoy!

PUMPKIN WALNUT BREAD

INGREDIENTS:

- One 15-oz. can pure pumpkin
- 1 1/4 cups oat flour
- 1/4 cup ground flaxseeds
- 1/2 cup egg whites
- 1/2 cup Splenda No Calorie Sweetener (granulated)
- 1/4 cup walnuts, chopped
- 2 tsp. baking powder
- 2 tbsp cinnamon
- 1 tbsp vanilla extract
- 1 tbsp pumpkin pie spice

DIRECTIONS:

Preheat oven to 350 degrees. In a large bowl, combine ground flax seeds and oat flour, Splenda, baking powder, cinnamon, and pumpkin pie spice. In a medium bowl, mix together pumpkin, egg whites, and vanilla extract. Add this mixture to the bowl with the dry ingredients, and stir until just blended. Slowly sprinkle chopped walnuts into the batter. Spoon batter into a large loaf pan, sprayed with nonstick spray. Bake for about 50 minutes, until the top of the loaf is firm to the touch. Allow to cool and enjoy!



PUMPKIN TURKEY CROCK POT STEW

INGREDIENTS:

- 16 oz 93% or 99% lean ground turkey
- 1 can of low sodium chicken broth
- 1/2 can pure pumpkin
- 1 cup cherry tomatoes
- 1 purple onion, diced
- 1 cup of fresh green beans
- 2 tbsp fresh minced garlic
- 2 tbsp Italian Seasoning
- 5 fresh basil leaves

DIRECTIONS:

-add ALL ingredients to crock pot and cook on low for 10-12 hours, stirring every few hours.

CHICKEN PUMPKIN SOUP

INGREDIENTS:

- 3 cups fat-free low sodium chicken broth
- 1 1/4 cups finely chopped celery
- 1/2 cup diced sweet yellow onion
- 1 cups Verde Salsa of any kind, mild or spicy!
- 2 cups canned tomatoes with sauce
- One 15-oz. can pure pumpkin
- 16 oz. cooked boneless skinless lean chicken breast, chopped or shredded
- 1 cup frozen green beans

DIRECTIONS:

In a large pot, bring broth to a low boil on the stove. Add celery and onion, and simmer for about 5 minutes, until slightly tender. Stir in canned tomatoes, salsa verde and pumpkin. Once soup returns to a low boil, add chicken and green beans, and mix well. Cook for an additional 3 – 5 minutes, until soup is heated throughout. Enjoy!!

(YOU CAN ALSO ADD ALL INGREDIENTS IN THE CROCK POT AND ALLOW TO COOK FOR 4-6 HOURS)



PUMPKIN SPICE SOUP

INGREDIENTS:

- 1 tablespoon Extra Virgin Olive Oil
- 1 medium onion, finely diced
- 2 cups canned pumpkin puree
- 2 cups low sodium vegetable or chicken broth
- 1 cup coconut water (or milk but I prefer water) Milk for more creamy consistency!!
- pepper, to taste
- 1 tablespoon Ginger
- 1 teaspoon Garlic Powder
- 1 tablespoon Cumin
- 1 teaspoon Turmeric
- 1/2 teaspoon Cayenne Pepper
- 1 teaspoon Cinnamon
- 3 tablespoons chopped parsley leaves
- 1 cup shredded coconut or coconut flakes
- 2 packets no calorie Sweetener (Stevia, Truvia, Pure Via)

DIRECTIONS:

In a large saucepan, add olive oil and cook onion over medium heat about 5 minutes until vegetables are nearly tender. In a large bowl, combine pumpkin, broth and coconut water. Stir in all other ingredients except the parsley and coconut flakes. Stir pumpkin mixture into sauce pan with cooked onions. Bring to boiling; add coconut and reduce heat. Simmer, uncovered, about 10 minutes or until heated through, stirring frequently. Before serving, stir in parsley and enjoy!!



BLACK BEAN PUMPKIN STEW

INGREDIENTS:

- -1 tablespoon vegetable oil
- -1 cup chopped onion
- -1/2 cup chopped green bell pepper
- -1/2 cup chopped yellow bell pepper
- -1 clove garlic, minced
- -1 pound 93% or 99% lean ground turkey
- --1 (14.5 ounce) can diced tomatoes
- -2 cups pumpkin puree
- -1 1/2 tablespoons chili powder
- - ground black pepper, to taste
- - salt, to taste
- -1 can black beans

DIRECTIONS:

- Place all ingredients to crock pot and cook on low for 10-12 hours, stirring every few hours.

PUMPKIN BEAN DIP

INGREDIENTS:

- 1 cup pure canned pumpkin
- 1 1/2 cup fat free re-fried black beans
- 2 Tbsp extra virgin olive oil
- 2 cloves minced garlic
- 1 large lemon
- 1/2 tsp cumin
- pepper, to taste

DIRECTIONS:

Toss it all into a food processor or simply place in mixing bowl and use spoon to mix thoroughly ! Keep refrigerated until ready to serve. Great change from original bean dip or a hummus dip! Enjoy



TOASTED PUMPKIN SEEDS

INGREDIENTS:

- One medium sized pumpkin
- Sea Salt
- Olive oil spray
- OPTIONAL: add any other flavored seasoning of your choice: chipotle, curry, etc.

DIRECTIONS:

Preheat oven to 400°F. Cut open the pumpkin and use a strong metal spoon to scoop out the insides. Separate the seeds from the stringy core. Rinse the seeds. In a small saucepan, add the seeds to water, about 2 cups of water to every half cup of seeds. Add a half tablespoon of salt for every cup of water. Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain. Spray Olive Oil spray on roasting pan and spread the seeds out over the roasting pan, all in one layer. Spray top with olive oil spray, add seasoning of your choice, and bake on the top rack until the seeds begin to brown, 10-20 minutes. When browned to your satisfaction, remove from the oven and let the pan cool on a rack. Let the seeds cool all the way down before eating. Either crack to remove the inner seed or eat whole.

PUMPKIN OATMEAL COOKIES

INGREDIENTS:

- 1/2 cup regular oats
- 6 tbsp. oat flour
- 1/4 cup grape nuts, ground to a breadcrumb-like consistency in a blender or food processor
- 1/4 cup No Calorie Sweetener (granulated)
- 1/3 cup no sugar added apple sauce
- 1/4 cup canned pure pumpkin
- 1/4 cup egg whites
- 1 tbsp. walnuts
- 2 tsp Vanilla Protein powder
- 1/2 tsp. baking powder
- 1/2 tsp. cinnamon

DIRECTIONS:

Preheat oven to 375 degrees. Chop walnuts into small pieces. Set aside. In a mixing bowl, combine the oats, flour, cereal crumbs, Splenda, baking powder, and cinnamon. Mix well. In a separate bowl, dissolve protein powder into 2 tbsp. hot water. Add all other wet ingredients (apple sauce, pumpkin, and



egg whites), and mix well. Add liquid mixture to the dry ingredients, and stir until completely blended. Slowly sprinkle chopped walnuts into the batter, making sure they don't all stick together. Spray a large baking pan with nonstick spray, and spoon batter into 4 evenly spaced circles. Spread batter out a bit with the back of a spoon. Place pan in the oven for 12 – 14 minutes (until tops of the treats are just slightly crispy). Remove pan from the oven and allow to cool.

HEALTHY PUMPKIN PIE

INGREDIENTS:

- 2 1/4 cups Grape Nut Cereal
- 1/4 cup canola oil
- 1/4 c. Splenda
- 1 tsp vanilla
- 1 tsp. cinnamon

Filling

- One 15-oz. can pure pumpkin
- One 12-oz. can evaporated fat-free milk
- 1/2 cup egg whites
- 3/4 cup Splenda No Calorie Sweetener (granulated)
- 1/4 cup sugar-free pancake syrup
- 1 tbsp. pumpkin pie spice
- 1 tsp. cinnamon
- 1/8 tsp. salt
- Topping: Cool Whip Fat Free

DIRECTIONS:

Preheat oven to 350 degrees. In a small microwave-safe bowl, add oil to bowl and set aside. In a blender or food processor, grind cereal to a breadcrumb-like consistency. In a medium mixing bowl, combine oil and crumbs with remaining ingredients for crust. Stir until mixed well. Spray an oven-safe 9-inch pie dish lightly with nonstick spray. Evenly distribute crust mixture, using your hands or a flat utensil to firmly press and form the crust. Press it into the edges and up along the sides of the dish. Set aside. In a large mixing bowl, combine all ingredients for the filling. Mix well. Pour mixture into pie crust. Bake pie in the oven for 45 minutes. Allow pie to cool slightly. Refrigerate for several hours (overnight is best). Keep refrigerated until ready to serve. If you wish, top off with Cool Whip before serving!



PUMPKIN CHOCOLATE CHIP COOKIES

INGREDIENTS:

- 1 cup no sugar added apple sauce
- 1 cup baking splenda
- 2 large egg whites
- 1.5 cups pumpkin
- 2 cups oat flour
- 1 tsp baking soda and 1 teaspoon baking powder
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 6 oz. pkg. semi-sweet chocolate chips– optional
- 1/2 cup chopped pecans

With electric mixer, mix apple sauce and splenda. Beat well. Add egg whites & pumpkin, mixing well. Combine oat flour & next 4 ingredients, add to pumpkin mixture. Stir in vanilla, semi-sweet chocolate morsels (if using) & pecans. Drop dough by tablespoons on lightly greased cookie sheets. Bake at 350 degrees for 13 minutes. Remove to wire racks to cool completely.

PUMPKIN CREAM MUFFINS

INGREDIENTS:

- 1 cup oat flour
- 1 cup oats
- 1/4 cup Splenda brown sugar
- 1/2 cup Granulated Splenda
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 cup canned pure pumpkin
- 2 egg whites
- 1 tbsp flax oil
- 1 tbsp cinnamon



CREAM INGREDIENTS:

- 1 cup Cool Whip Free, thawed
- 1/2 c. fat-free cottage cheese
- 1/2 cup canned pure pumpkin
- 1 tbsp cinnamon
- 1/4 c. Granulated Splenda

DIRECTIONS (FOR PUFFS):

Preheat oven to 375 F. Coat muffin tin with non-stick cooking spray or line muffins cups. Combine all ingredients for muffins in mixing bowl and blend well. Pour batter evenly into muffin tins. Bake for 18-20 minutes. While Baking, make cream filling (see below). Once cooked, allow to cool and then cut in half, cutting tops off

DIRECTIONS FOR CREAME FILLING:

In a small bowl, combine all ingredients for cream filling. Stir until smooth. Set aside to begin filling Muffins with cream. Lay bottom slice of your muffin down on Foil. Distribute cream filling over bottom half of muffin. Add top of muffin, creating a sandwich with a pumpkin-mixture filling. Place into Freezer until solid. Enjoy!

PUMPKIN PIE SMOOTHIE

INGREDIENTS:

- 6 ice cubes
- 1/3 cup canned pumpkin puree
- 1 Cup water
- 1 cup unsweetened almond milk
- 1scoop vanilla protein powder
- 2 packets Splenda or Stevia
- Cinnamon (to taste)
- Nutmeg (to taste)

DIRECTIONS:

Add all ice cubes, wet ingredients and dry ingredients to blender. Blend until shake consistency.



PUMPKIN HOLIDAY NOG

INGREDIENTS:

- 1 cup water
- 1 scoop Vanilla Protein powder
- 1/2 small package sugar-free fat-free instant vanilla pudding mix
- 1 packet no-calorie sweetener packets (Stevia or Splenda)
- 1/2 cup canned pure pumpkin
- 2 tbsp. rum extract or true rum
- 1/2 tsp. ground nutmeg
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. cinnamon

DIRECTIONS:

In a blender, combine all ingredients and blend on high speed until mixed thoroughly. Refrigerate in a covered container for at least a few hours to allow nog to thicken. Enjoy!!