

PUMPKIN PARTY

WHOLE-PUMPKIN RECIPES



SWEET & SAVORY SKILLET SEEDS

A perfect study snack!

Savory Ingredients:

- Olive oil
- Seasoning of your choice (salt, garlic powder, chili powder)

Sweet Ingredients:

- Butter/vegan butter
- Brown sugar
- Ground Cinnamon



Preparation:

- Remove pumpkin seeds from pumpkin, rinse to remove pulp, spread out on baking sheet, and leave in oven overnight to dry
- Add oil or butter to skillet on medium heat
- Add pumpkin seeds and shake frequently to prevent sticking
- When seeds start to turn a gold color, add seasoning and toss to spread evenly
- Enjoy!

HAPPY



HALLOWEEN

VEGAN PUMPKIN BREAD

Ingredients:

- 1 tbsp ground flax seeds
- 2.5 tbsp water
- 15 oz canned pumpkin puree
- 1 1/4 cups brown sugar
- 1/2 cup canola oil
- 1/4 cup any non dairy milk
- 1 3/4 cups all purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1.2 tsp salt
- 2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves

Preparation:

- Preheat oven to 350 degrees F, grease loaf pan
- In small bowl, combine flaxseed and water, set aside to thicken.
- In large bowl, combine pumpkin, brown sugar, canola oil, flax mixture, and milk.
- Add in the flour, then baking powder and soda, salt and spices, fix together gently.
- Pour into greased pan. Optionally cover the top with the pepitas. Bake for 1 hours and 15 minutes. Enjoy!



ROASTED PUMPKIN

A perfect veggie to pair with any meal!

Ingredients:

- Pumpkin
- Olive oil
- Seasoning of your choice (salt, garlic powder, chili powder)



Preparation:

- Cut pumpkin in half and remove pulp and seeds (save seeds for roasting!)
- Cut each half into moon-shaped strips and peel the skin with a vegetable peeler
- Cut peeled strips into cubes and toss in a large bowl with oil and seasoning
- Roast at 425°F for 30 minutes, tossing halfway through
- Remove and let cool for 10 minutes
- Enjoy!



APPLE CIDER

A cozy fall drink!

Ingredients:

- 10-12 medium size apples, quartered
- 2 oranges, quartered and peeled
- 4 cinnamon sticks
- 1 tbsp whole cloves
- 16 cups water
- 1/2 cup sweetener (maple syrup or brown sugar)
- Optional spices: 1 tsp whole allspice, 1 whole nutmeg, and/or 1 inch fresh ginger

Preparation:

- Combine your ingredients in a stockpot, adding water until there is 1-2 inches above the fruit
- Heat on high heat until the liquid reaches a simmer, then reduce heat to medium low, cover, and simmer until apples are soft, about two hours.
- Mash apples and oranges against the side of the pot to release more flavor- then simmer for an additional hour
- Strain using a fine mesh strainer or cheesecloth- apple solids can be composted or used for applesauce!
- Add sweetener to desired sweetness and serve warm!

