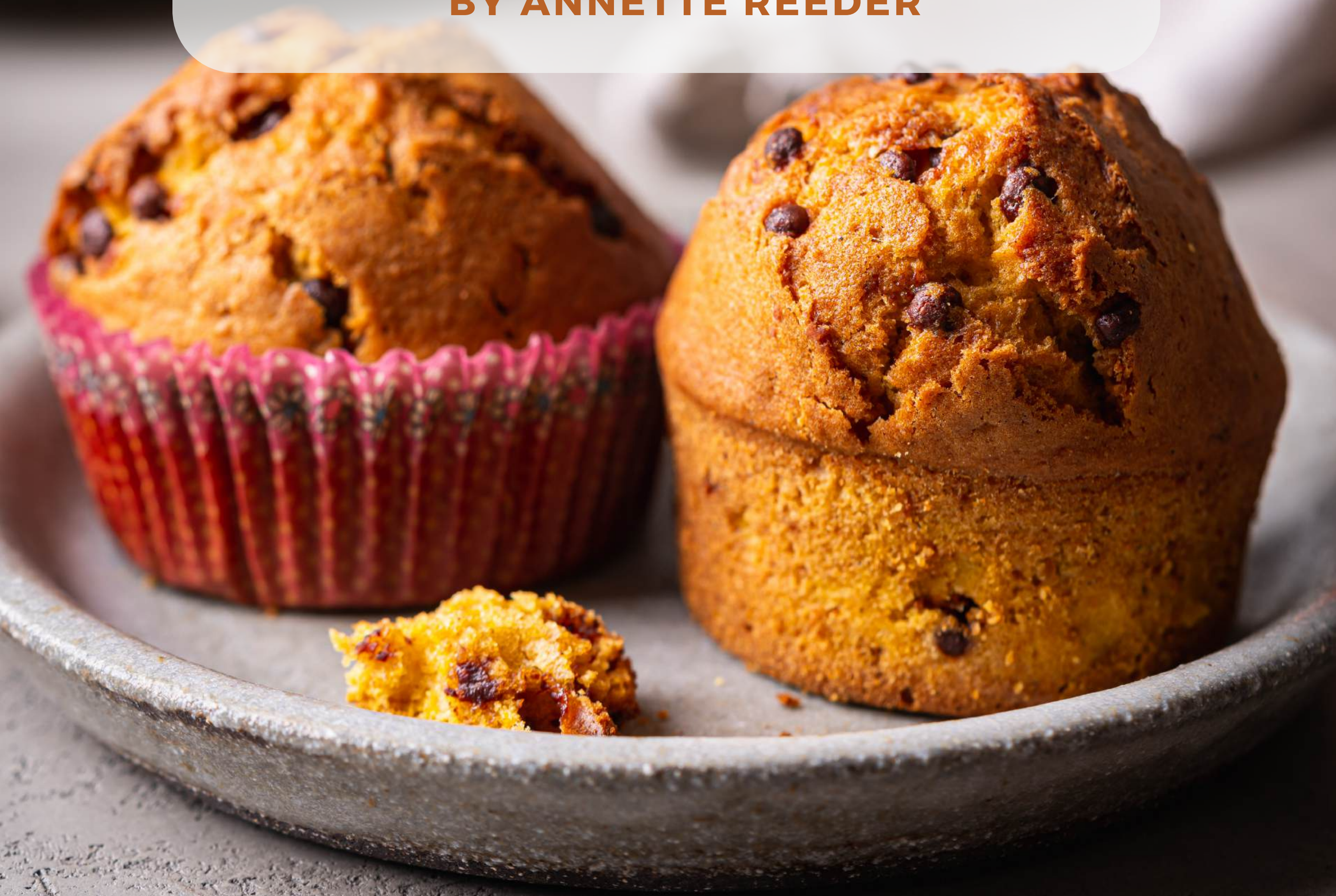


EASY AND HEALTHY RECIPES

Cooking With Pumpkins

BY ANNETTE REEDER



THE BIBLICAL NUTRITIONIST



Pumpkin Pudding

Makes 4 cups

Serves 6

Ingredients:

- 1/2 cup sucanat, honey crystals or sucanat natural
- 3 tablespoons cornstarch – non-GMO; tapioca flour can be used
- 1 1/2 cups half-and-half or almond milk
- 3 large egg yolks
- 1 tablespoon molasses
- 1/2 teaspoon salt
- 1/2 cup boiling water
- 1/2 cup pumpkin puree
- 1/2 cup heavy cream or vanilla flavored yogurt

Directions

- Preheat oven to 400 degrees.
- Combine sucanat and cornstarch in a large heat-proof bowl set over a pan of simmering water. Add half-and-half, egg yolks, molasses, and salt; cook, whisking constantly, until mixture starts to thicken.
- Add the water in a slow stream, whisking constantly. Stir in pumpkin puree; cook until very thick, about 2 minutes.
- Remove from heat; let cool slightly.
- When ready to serve, whip cream to soft peaks. Serve pudding in baked pumpkins topped with whipped cream and garnished with puff pastry leaves, if desired. Or top with vanilla flavored yogurt.





Pumpkin Pie Spice

Buying specialized spices can be pricey and sometimes a waste of money if you don't make pies very often. The more economical alternative is to make your own combinations with common spices you already have on hand.

Here are 5 different variations of how to make your own pumpkin pie spice.

- Mix 1/4 cup of cinnamon with 4 tsp. of ground ginger and 2 tsp. of nutmeg
- Mix 1/4 cup cinnamon with 1 Tbsp. each of ground ginger, nutmeg, and ground cloves
- Mix 1/4 cup cinnamon with 2 Tbsp. of ground ginger and 1 Tbsp. each of nutmeg and ground cloves
- Mix 2 Tbsp. each of cinnamon and ground ginger with 1 Tbsp. ground nutmeg and 1 tsp. ground allspice
- Mix 1 tablespoon each of cinnamon and ground ginger with 1 teaspoons ground nutmeg and ¼ teaspoon cloves
- Mix in a clean spice jar and label. Then measure for each recipe.

Uses for Pumpkin Pie Spice

Pumpkin pie spice can be used in a variety of creative and delicious ways! Here are some ideas:

Pumpkin Spice Lattes: Add a sprinkle of pumpkin pie spice to your coffee or blend it into a homemade latte with steamed milk and a bit of vanilla extract for a cozy fall treat.

Baked Goods: Incorporate pumpkin pie spice into muffins, cookies, or breads. It works great in classics like banana bread or chocolate chip cookies.

Oatmeal: Stir pumpkin pie spice into your morning oatmeal along with a drizzle of maple syrup and chopped pecans for a warm, comforting breakfast.

These ideas can add a warm, autumnal flavor to a wide range of foods and drinks!





Allspice

Comes from the pea-size berry of the evergreen pimiento tree, mostly grown in Jamaica. Can be purchased whole or ground. The spice is so named because it tastes like a combination of cinnamon, nutmeg and cloves. Store in a cool, dark place for no more than 6 months.

Allspice is used in sweet and savory cooking. If you don't want to invest in allspice, substitute cinnamon, nutmeg and ground cloves in its place. Mix the three spices in equal amounts and store in spice jar.

Uses for Allspice

Allspice is a versatile spice with a flavor reminiscent of cinnamon, cloves, and nutmeg. Here are some ideas for using it:

Pancakes/Waffles: Add allspice to your pancake or waffle batter for a slightly spicier twist on breakfast classics.

Roasted Vegetables: Toss root vegetables like carrots, sweet potatoes, or squash with olive oil, allspice, salt, and pepper before roasting for a savory-sweet flavor.

Curries and Stews: Add a pinch of allspice to hearty stews, curries, or chili to enhance the depth of flavor, especially in Middle Eastern and Caribbean dishes.

Rice Dishes: Mix allspice into rice dishes or pilafs, particularly in recipes that include dried fruits, nuts, or coconut milk.

Allspice can add warmth and depth to both sweet and savory dishes, making it a versatile addition to your spice collection!





Pumpkin Apple Streusel Muffins

"Muffins that combine the wonderful texture of apples with the warm taste of pumpkin. A simple streusel topping gives them a little something extra." (Altered from Allrecipes.com)

Ingredients:

2½ cups flour—pastry whole wheat
2 cups sucanat
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon nutmeg
1/8 teaspoon cloves
½ teaspoon salt
2 eggs, lightly beaten
1 cup pumpkin puree
½ cup organic oil
2 cups peeled, cored and chopped apples

Topping Options:

*2 tablespoons flour—wholewheat
¼ cup sucanat
½ teaspoon cinnamon
4 teaspoons butter, softened
*granola

Directions:

- Preheat oven to 350 degrees. Lightly grease 18 muffin cups or use paper liners.
- In a large bowl, sift together 2 ½ cups pastry flour, 2 cups sucanat, 2 ½ cups whole wheat flour, spices, baking soda and salt.
- In a separate bowl, mix together eggs, pumpkin and oil.
- Add pumpkin mixture to the flour mixture; stirring just to moisten. Fold in apples.
- Spoon batter into prepared muffin cups.
- In a small bowl, mix together 2 tablespoon flour, ¼ cup sucanat and ½ teaspoon cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping evenly over muffin batter.
- Or – top with your favorite granola either as is or chopped fine in a blender.
- Bake in preheated oven for 35 to 40 minutes, or until a toothpick inserted into a muffin comes out clean.





Pumpkin Pancakes

"Recipe by Chef John – Allrecipes.com; Altered for nutrition improvement by Annette Reeder

"This basic pancake recipe turns into a delicious holiday breakfast simply by adding pumpkin and some fall spices!"

Ingredients:

2 cups whole wheat flour, kamut or spelt flour
1/3 cup sucanat
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
1 cup pumpkin puree
1 teaspoon cinnamon
½ teaspoon allspice
1 egg
1 ½ cup milk – almond, oatmeal, soy or your favorite
2 tablespoons organic oil; olive or organic canola
2 tablespoon lemon juice
1 teaspoon lemon zest

Directions:

- Combine flour, sucanat, baking powder, baking soda, and salt in a large mixing bowl, and whisk together for two minutes to aerate.
- In a separate bowl, combine pumpkin puree, cinnamon, ginger, allspice, egg, milk, 2 tablespoons of oil, lemon juice and lemon zest. Mix in the flour mixture and stir just until moistened. Do not over mix.
- Coat griddle with 1 teaspoon oil over medium heat.
- Pour batter into skillet ¼ cup at a time, and cook the pancakes until golden brown, about 3 minutes per side.

Muffins that combine the wonderful texture of apples with the warm taste of pumpkin. A simple streusel topping gives them a little something extra." (Altered from Allrecipes.com)





Pumpkin Hummus

Recipe from Old Farmer's Almanac, 2012; altered for nutrition improvement by Annette Reeder

Makes 2 ½ cups

Ingredients:

4 garlic cloves

1 ¾ cup pumpkin puree

¼ cup fresh cilantro or 1 tablespoons dried

¼ cup lime juice

¼ cup sunflower seed butter

2 tablespoons oil: olive or your favorite

3 teaspoon cumin

1 teaspoon salt or to taste

½ teaspoon chili powder

½ teaspoon chipotle pepper (ground or flakes) optional

Toasted pumpkin seeds for garnish

Directions:

- Put the garlic cloves into a food processor and pulse to chop fine. Add the pumpkin, cilantro, lime juice, butter, pumpkin, oil, cumin, salt, chili powder, and pepper. Blend until smooth.
- Transfer to a bowl, cover and refrigerate for at least 8 hours.
- Garnish with pumpkin seeds and drizzle with additional oil before serving.
- Serve with vegetables, crackers or chips (non-GMO).





Pumpkin Soup

Ingredients:

3 tablespoons butter
¼ cup green pepper – chopped
1 small onion – finely chopped
1 ½ tablespoons whole wheat flour
1 teaspoon salt
2 cups chicken broth
2 cups milk – your favorite variety – I use almond milk
¼ teaspoon nutmeg
3 cups pumpkin puree
1/8 teaspoon thyme
1 teaspoon fresh parsley
½ teaspoon ginger

Directions:

- Melt the butter in a large pot. Add green pepper and onion to butter. Sauté until vegetables are tender.
- Blend in flour and salt.
- Add remaining ingredients and cook on medium heat, stirring constantly, until slightly thickened.
- Serve hot.
- Be creative; serve in a large pumpkin as your soup kettle after removing the stem; seeds and stringy mess in the middle. Be careful to not puncture a hole in the sides or your soup will be sneaking through the hole onto your table.





Pumpkin Puree

Pumpkin puree can be made in your own kitchen; no longer the need to buy canned pumpkin. The fresh taste will delight your senses. Find a pie pumpkin since it is typically sweeter and a finer texture than the Jack-O-Lantern variety.

Two different methods for cooking your pumpkin:

Hard way:

- Cut the pumpkin in half and remove the seeds and strings. Then cut the pumpkin in large chunks and place on a baking sheet with one inch of water in the pan. Bake at 350 degrees for 45 minutes to one hour.
- Add more water if necessary to prevent drying out. The pumpkin needs to be fork tender.
- Remove from oven, allow to cool.
- When cool to touch remove the outer skins and place pumpkin in blender. Blend until smooth.
- Freeze in 2 cups containers or freezer bags lying flat. This method will require straining the puree before using in a recipe since water will be absorbed into the puree.

Easy Way:

- Place the whole pumpkin, uncut on a foil-lined baking sheet. Bake at 350 degrees for 90 minutes or until tender. Remove from oven, and cool.
- Next peel the pumpkin. You should be able to remove the peel with little effort.
- Clean the pumpkin by removing the seeds and stringy pulp with a large spoon.
- Then process the flesh in a food processor, Bosch mixer bowl with whips or RPM blender until smooth.



Freezing the Pumpkin:

- Measure pumpkin in 1 or 2 cups and put in zip lock bags, small glass bowls or plastic bowls. If using zip-lock freezer bags lay the bags flat in the freezer – don't just throw them in or you will have to defrost the freezer to get them out of the metal shelving.
- Lay them flat and it saves space and makes it easy to remove one at a time.
- When using a small glass bowl put them in the freezer to flash freeze – freeze till firm.
- Then let them warm slightly- only enough to remove from bowl and then pop them out of the bowl and put several together in a large freezer bag.

Raw Cubed Pumpkin:

- Cut straight down to one side of stem with a large, heavy knife.
- Clean out pumpkin halves, spooning out the seeds and stringy pulp.
- Place pumpkin half, cut side down, on a cutting board. Using a downward motion with the knife, remove the peel in small sections.
- Cut peeled pumpkin into wedges, and then hold wedges firmly while cutting into cubes.
- Use in your favorite recipe.



- 3 pounds of pumpkin typically yield 3 cups pumpkin puree.
- Fresh pumpkin puree will keep refrigerated for up to 5 days; frozen up to 6 months. I must confess mine have been in the freezer for up to a year and I still used them.





Pumpkin Chocolate Cake

A warm fall twist to a favorite cake.

Ingredients:

¼ coconut oil - melted
1 cup fresh milled pastry flour
1/3 cup organic dark cocoa
1 teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon allspice
¼ teaspoon nutmeg
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
¾ cup sucanat or honey crystals
2 eggs
1 ½ cups pureed pumpkin
1 teaspoon vanilla

Directions:

- Preheat oven to 350°F. Grease 8 inch square baking pan with oil.
- In large bowl, whisk together flour, cocoa powder, spices, baking powder and soda and salt. In a separate bowl stir together oil, sucanat, eggs, pumpkin and vanilla. Combine flour mixture and liquid ingredients until well mixed. Pour batter into prepared pan.
- Bake 40-50 minutes until cake pulls away from the sides of the pan and a toothpick inserted in the center comes out clean.
- Too good for topping or icing. Enjoy as is!





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