





Crustless Pumpkin Pie Cupcakes

[gluten free + dairy free]

INGREDIENTS

15 ounce can pumpkin puree
1/2 cup granulated sugar
1/4 cup lightly packed brown sugar
2 large eggs
1 large egg yolk
1 tsp pure vanilla extract
3/4 cup canned coconut milk
1/2 cup GF all-purpose flour blend
2 tsp pumpkin pie spice
1/2 tsp salt
1/4 tsp baking soda
1/4 tsp baking powder

FOR TOPPING

Coconut milk whipped cream

INSTRUCTIONS

- 1) Preheat the oven to 350F. Line a muffin pan with paper liners (or silicone muffin liners).
- 2) Generously spray the bottoms and sides of the liners with cooking spray.
- 3) In a large bowl, mix together the pumpkin, granulated sugar, brown sugar, eggs and egg yolk, vanilla, and coconut milk until smooth.
- 4) In another bowl, sift together the flour blend, pumpkin pie spice, salt, baking soda, and baking powder.
- 5) Add the dry ingredients to the wet and stir to fully combine.
- 6) Scoop the batter into the prepared muffin pan. The cups will be fairly full. Bake the cupcakes for 25 minutes.
- 7) Let the cupcakes cool in the pan for 30 minutes. Refrigerate for at least 1 hour before serving. Top with coconut milk or regular whipped cream. Enjoy!



Creamy Pumpkin Pie Bars

[vegan + gluten free]

INGREDIENTS

CRUST

1 cup GF rolled oats
1 1/2 cups almond flour
1/4 tsp sea salt
2 tbsp coconut sugar
1 tbsp maple syrup
4-5 tbsp melted coconut oil

FILLING

2 3/4 cups pumpkin purée
1/4 cup maple syrup
1/4 cup coconut sugar
1/4 cup unsweet plain almond milk
2 1/2 tbsp cornstarch
1 3/4 tsp pumpkin pie spice
1/4 tsp sea salt

FOR SERVING (optional)

Coconut Whipped Cream

INSTRUCTIONS

- 1) Preheat oven to 350F and line an 8x8-inch baking dish with parchment paper (adjust number/size of dish if altering batch size).
- 2) Make crust by adding oats to a blender (or food processor) and blending/mixing until you reach the consistency of oat flour (if using raw almonds, mix them with the oats at this time).
- 3) Add almond flour (not meal), sea salt, coconut sugar and mix once more. Then add maple syrup and melted coconut oil and mix/pulse to combine. Depending on device, you may need to use a spoon to scrape around the edges to ensure the crust is completely mixed. If it appears or feels too dry, add more coconut oil.
- 4) Add crust to the parchment-lined baking dish and shake to evenly disperse, then lay down parchment paper on top and use a flat-bottomed object (such as a liquid measuring cup or drinking glass) and pressing down to pack the crust into place, making an even, firmly packed layer.
- 5) Bake for 20 minutes, then set aside to cool.
- 6) In the meantime, add all filling ingredients to the blender (or food processor) and blend until smooth, scraping down sides as needed. Taste and adjust seasonings as needed, adding more maple syrup or coconut sugar for sweetness, or pumpkin pie spice for flavor. I also added a pinch of ground cinnamon. Set aside.
- 7) Once the crust is baked, pour the filling into the crust and tap on counter to remove air bubbles. Bake for 50-60 minutes. The filling will still be just a bit jiggly, dark orange in color, and have some cracks on the top - this is normal.
- 8) Remove from oven and let cool completely before loosely covering with plastic wrap or foil and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.
- 9) Once cooled, gently lift bars out of dish and slice into 9 bars.
- 10) Serve with coconut whipped cream and an additional sprinkle of cinnamon, nutmeg, and/or pumpkin pie spice (optional). Store leftovers in the refrigerator up to 3 days, though best when fresh.



The Best Pumpkin Loaf Ever

[gluten free]

INGREDIENTS

3 eggs
1 cup sugar
1/4 cup brown sugar
1 tsp vanilla extract
1 cup pumpkin puree
1/3 cup vegetable oil
1 1/2 cups GF flour
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp cinnamon
1/2 tsp ground ginger
1/2 tsp salt
1/4 tsp each of ground nutmeg,
all spice, pumpkin pie spice
1/2 cup semi-sweet chocolate chips

INSTRUCTIONS

- 1) Preheat oven to 350F. Line a 9x5 loaf pan with parchment paper and set aside.
- 2) In the bowl of a stand mixer (or you can do this with a hand mixer) beat together the eggs, sugars and vanilla extract (1 minute on medium speed or until well combined).
- 3) Add in the pumpkin puree and oil and beat until combined.
- 4) Next add all the dry ingredients (flour, baking soda, baking powder, cinnamon, ginger, salt, nutmeg, all spice and pumpkin pie spice) and stir until combined, you could also use your mixer to combine. If using chocolate chips, add them and mix them in.
- 5) Spoon batter into the lined loaf pan. Bake for 50-60 minutes, or until a toothpick comes out clean. Remove from oven, allow to cool for at least 10 minutes, then serve warm or allow to cool completely, then slice and serve and enjoy.



Pumpkin Cookies

[gluten free]

INGREDIENTS

PUMPKIN COOKIES

1 cup light brown sugar
1 cup sugar
1 cup canola oil
1 15 oz. can pumpkin
2 eggs lightly beaten
1 tsp vanilla
3 1/2 cups GF all-purpose flour blend
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
2 tbsp pumpkin pie spice

FROSTING

4 oz cream cheese room temperature
1/2 cup powdered sugar
1/4 cup Greek yogurt

INSTRUCTIONS

- 1) Preheat oven to 350F and line a baking sheet with parchment paper.
- 2) In a medium bowl combine brown sugar, sugar, canola oil, pumpkin, eggs and vanilla until fully incorporated.
- 3) In a separate bowl whisk together the flour, baking soda, baking powder, salt and pumpkin pie spice.
- 4) Combine wet and dry ingredients and stir to fully incorporate.
- 5) Use a small cookie scoop to place mounds of the dough onto the parchment paper.
- 6) Flatten out the mounds by smoothing the top with the back of a spoon or your fingers that have been dipped in water to keep from sticking. (The shape they are going into the oven is pretty much the shape they will be when they are done!)
- 7) Bake for 11-13 minutes, transfer cookies to a cooling rack and let cool before frosting.
- 8) To make the frosting, combine the cream cheese, powdered sugar and yogurt until smooth. If the frosting is too then, add more powdered sugar.
- 9) Frost each cookie and enjoy!



Easy Pumpkin Coffee Cake

[vegan + gluten free + dairy free]

INGREDIENTS

STREUSEL

3 1/2 tbsp GF oat flour
3 1/2 tbsp coconut oil, melted
1/4 cup coconut sugar
1/2 cup pecans, chopped
1/4 tsp ground cinnamon

WET INGREDIENTS

1 cup 100% pure pumpkin puree
1/4 cup melted coconut oil
1/4 cup + 2 tbsp coconut sugar
1/4 cup + 2 tbsp pure maple syrup
1 tsp pure vanilla extract
1 flax egg (1 tbsp ground flax +
3 tbsp water, whisk together,
set for 15 mins)

DRY INGREDIENTS

2 cups GF oat flour
1/2 cup almond meal
1 tsp baking soda
1/2 tsp baking powder
1 tsp ground cinnamon
1/2 tsp ground cloves
1/2 tsp ground nutmeg
1/4 tsp salt

INSTRUCTIONS

- 1) Preheat the oven to 350F degrees. Line an 8 or 9-inch square baking pan with parchment paper or greased foil. Set aside.
- 2) Make the streusel: Add Streusel ingredients to a small bowl. Using a fork, stir and fold until well incorporated. Set aside.
- 3) Make the pumpkin cake: Add all the Wet Ingredients to a large bowl: pumpkin, coconut oil, coconut sugar, maple syrup, flax egg and vanilla. Whisk until well incorporated.
- 4) Add the dry ingredients: oat flour, almond meal, baking soda, baking powder, spices and salt. Whisk together until just incorporated, making sure no flour patches remain. Batter will be very thick—do not add additional water or liquids.
- 5) Pour batter evenly into prepared pan. Using a rubber spatula, spread into an even layer. Sprinkle streusel over pumpkin batter.
- 6) Bake for 30-40 minutes. Test for doneness by sticking a toothpick into the center of the cake. The toothpick will come out clean when the cake is done.
- 7) Allow to cool in pan placed on a cooling rack for about 30 minutes. Lift out of pan and transfer directly to cooling rack to cool completely, about 1-3 hours. Slice and enjoy!



Pumpkin Pie

[dairy free + soy free]

INGREDIENTS

PIE CRUST

1 1/2 cups all-purpose or whole wheat pastry flour
1 1/2 tsp sugar
1/2 tsp salt
6 tbsp oil (your baking oil of choice)
3 tbsp cold water

FILLING

1/2 cup brown sugar firmly packed
1/4 cup white sugar
1 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp ground nutmeg or allspice
1/4 tsp ground cloves
1/2 tsp salt
2 large eggs
1 15-ounce can pumpkin puree
1 tsp vanilla extract
1 cup regular, full-fat, canned coconut milk

INSTRUCTIONS

- 1) Put the flour, sugar, and salt in a bowl and whisk to combine. Make a well in the flour, add the oil and water, and stir until it forms dough.
- 2) Press the dough into a 9-inch pie pan.
- 3) Preheat your oven to 425F.
- 4) In a medium bowl, whisk together the sugars, cinnamon, ginger, nutmeg or allspice, cloves and salt.
- 5) In a large bowl, beat the eggs. Beat in the sugar mixture, pumpkin, and vanilla until smooth. Fold in the coconut milk.
- 6) Pour the filling into your unbaked pie crust and bake for 15 minutes. Reduce the temperature to 350F and continue to bake for 50-60 minutes, or until a knife inserted comes out clean. It may be a bit wobbly still, but it will firm-up as it cools.
- 7) Allow the pie to cool on a wire rack for 2 hours (Be patient! This is important). For the firmest pie, refrigerate it for 4 hours or more before serving.



Pumpkin Muffins

[gluten free]

INGREDIENTS

1 1/2 cups blanched almond flour
1/2 tsp kosher salt
3/4 tsp baking soda
2 1/2 tsp ground cinnamon
1/2 tsp ground cloves
1/4 tsp ground nutmeg
4 large eggs
3/4 cup canned pumpkin
(not pumpkin pie filling)
1/3 cup pure maple syrup
1 tsp pure vanilla extract
Up to 1/2 cup mix-ins: chocolate
chips, cranberries, toasted and
chopped walnuts or pecans, or a
mix

INSTRUCTIONS

- 1) Place a rack in the center of your oven and preheat the oven to 350F. Line 10 of the wells of a standard 12-cup muffin pan with paper liners.
- 2) In a large bowl, stir together the almond flour, kosher salt, baking soda, cinnamon, cloves, and nutmeg. In a separate bowl, whisk together the eggs, pumpkin, maple syrup, and vanilla.
- 3) Make a well in the center of the dry ingredients, then pour in the wet. Gently stir, just until combined and the flour disappears. Fold in any desired mix-ins.
- 4) Divide the batter evenly between the cups, filling them nearly all the way to the top. Bake for 22-24 minutes, until a toothpick inserted in the center comes out clean. Place the muffin pan on a wire rack, and let cool in the pan for 5 minutes.
- 5) Gently lift the muffins out of the pan, and place on the rack to finish cooling for as long as you can stand the suspense. Enjoy!



Pumpkin-Spice Latte

[dairy free]

INGREDIENTS

VANILLA SIMPLE SYRUP

1 cup water
1 cup sugar
1 tsp vanilla extract

PUMPKIN SPICE LATTE

1/4 cup full-fat coconut milk
1/4 cup dairy-free milk beverage
1/2 cup fresh-brewed strong black coffee or 1 shot espresso
2 tbsp vanilla simple syrup
2 tbsp dairy-free Pumpkin Spice sauce
Dairy-free whipped topping
Pumpkin pie spice, for garnish

INSTRUCTIONS

VANILLA SIMPLE SYRUP

- 1) In medium saucepan, whisk together the water and sugar and bring them to a boil over medium-high heat. Cook until the mixture thickens slightly, about 3 minutes.
- 2) Remove the syrup from the heat and stir in the vanilla. Let cool to room temperature.
- 3) Store in an airtight container in the refrigerator for up to two weeks.

PUMPKIN SPICE LATTE

- 1) In a glass canning jar, whisk together the coconut milk and milk beverage. Heat, uncovered, in the microwave until warm.
- 2) Use a milk frother to froth the milk, or screw a lid onto the jar and shake until the milk is frothy.
- 3) Pour the coffee into a mug, and add the warmed dairy-free milk, vanilla syrup, and Pumpkin Spice Sauce. Stir until combined.
- 4) Top with dairy-free whipped topping and dust with pumpkin pie spice.