

Pumpkin Recipes by Brittany Jaroudi
Plant-Based Pittsburgh Cooking Class on 10/12/19

Easy Pumpkin Bread

Dry ingredients:

- 1 cup oat flour
- 1 cup whole wheat flour
- 2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder

Wet ingredients:

- 1 15 oz can of pure pumpkin
- 1/2 cup date syrup
- 1 teaspoon vanilla (optional)
- 1/4 cup water

Directions:

1. Preheat oven to 400 degrees F.
 2. Mix all wet ingredients together. Separately mix all dry ingredients together.
 3. Mix wet into dry ingredients until well combined.
 4. Add to loaf pan (use parchment paper to line loaf pan if not using silicone pan)
 5. Bake for 40 minutes.
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Easy Pumpkin Soup Recipe

Ingredients:

- 1 15oz can of pure pumpkin
- 1 cup non-dairy milk unsweetened
- 1 cup veggie broth
- 1/2 cup raw cashews
- 1 tbsp white miso
- 1 tsp onion powder
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon

Directions: Blend in high speed blender until smooth. Serve warm.

Pumpkin Pasta

Ingredients:

- 16 oz uncooked whole wheat pasta
- 1 15 oz can of pure pumpkin
- 4 cups vegetable broth
- 1/2 cup diced red onions
- 2 garlic cloves, minced
- 1 tbsp white miso
- 1tbsp nutritional yeast
- 1 half lemon, juiced
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon

Directions:

1. Sauté red onions and garlic until translucent in a little bit of water to prevent sticking.
 2. Add in vegetable broth, pure pumpkin, miso, seasonings, and uncooked pasta.
 3. Cook on high heat until liquid is boiling, then reduce heat to medium low and simmer for 15 minutes or until pasta is cooked. [You'll need to stir often so pasta does not stick. The liquid will thicken as the pasta cooks.]
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Mini Pumpkin Pie Recipe

Crust Ingredients:

- 1 cup oat flour (blended rolled oats)
- 1 cup rolled oats
- 1/2 cup date paste
- 1 tbsp pumpkin pie spice

Directions:

1. Mix together ingredients until "dough" forms.
2. Add 2 tbsp of dough to mini muffin cupcake baking pan and make little pie crusts.
3. Bake at 350 degrees for 18-25 mins until lightly brown.
4. Let mini pie crusts cool completely before adding filling.

Filling ingredients:

- 1 15 oz can of pure pumpkin
- 1/2 cup date paste
- 1 tbsp pumpkin pie spice

Directions:

1. Blend all filling ingredients together.
 2. Chill in refrigerator until cold.
 3. Add filling to mini pie crusts.
 4. Refrigerate for 1 hour before serving.
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Fall Granola

Ingredients:

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| • 1/2 cup dates + 3/4 cup water + 1/4 tsp miso | • 1/4 cup cooked millet |
| • 6 Tbsp water + 2 Tbsp flax meal | • 1 Tbsp ground cinnamon |
| • 2 cups oats | • 1 Tbsp pumpkin pie spice |
| • 1/2 cup sliced raw almonds | • 1/2 cup raw pumpkin seeds |
| • 1/2 cup pecans | • 1/2 cup raisins |

Directions:

1. Blend together dates + 3/4 water cup + miso into thick paste.
 2. Make Flax Egg (6 tbsp water + 2 tbsp flax meal); let sit for 10 minutes.
 3. Mix together oats, almond, pecans, millet, cinnamon, and pumpkin pie spice in large bowl.
 4. Stir in date paste and flax "egg."
 5. Bake at 200° F for 1 hour and 20 minutes.
 6. Add in pumpkin seeds and bake for another 30 minutes.
 7. Remove from oven and add in raisins.
 8. Let cool & enjoy!
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