



PURELY PUMPKIN & SIMPLY SQUASH

What's Cookin' Gourd Lookin'?



PURELY PUMPKIN & SIMPLY SQUASH

PUMPKIN

PUMPKIN PIE SMOOTHIE BOWL
PUMPKIN SPICE FRENCH TOAST
PUMPKIN TOMATO SOUP
PUMPKIN MAC AND CHEESE
ONE POT PUMPKIN CURRY
PUMPKIN PUDDING
PUMPKIN PIE BLONDIES
CINNAMON SUGAR PUMPKIN SEEDS

SQUASH

SQUASH & GINGER OAT PORRIDGE
ROASTED SQUASH PECAN SALAD
INSTANT POT SPAGHETTI SQUASH
STUFFED BUTTERNUT SQUASH
SPAGHETTI SQUASH BURRITO BOWLS
BUTTERNUT SQUASH PUREE
BUTTERNUT SQUASH CHILI
STUFFED ACORN SQUASH



Pumpkin Pie Smoothie Bowl

INGREDIENTS:

- 1 large frozen banana
- 1/2 cup pumpkin puree
- 3/4 cup almond milk
- 1 Tbsp almond butter
- 2 pitted dates
- 1 tsp pumpkin pie spice
- 1 scoop protein powder

*optional toppings: dried cranberries, coconut, blueberries, pumpkin seeds, pecans, almonds, granola, etc.

DIRECTIONS:

1. Place all ingredients except your desired toppings into a blender. Blend until smooth.
2. Pour into a bowl and top with desired toppings. Enjoy!



Pumpkin Spice French Toast

INGREDIENTS:

8 slices of sourdough bread, sliced thick
3/4 cup almond milk
1/2 cup pumpkin puree
1 Tbsp pure maple syrup
1 tsp cinnamon
1/4 tsp nutmeg
1/8 tsp sea salt
coconut oil, for skillet

*optional toppings - maple syrup, sliced almonds, pecans & diced apple

DIRECTIONS:

1. In a medium bowl, whisk together the wet ingredients and spices.
2. Place the bread slices on a large platter and drizzle them with the pumpkin mixture.
3. Use your hands to spread the mixture and coat all sides of the bread.
4. Heat a non-stick skillet to medium heat and brush with coconut oil.
5. Add the bread slices and cook until golden brown, about 2 minutes per side.
6. Serve with your desired toppings and enjoy!



Pumpkin Tomato Soup

INGREDIENTS:

- 1 tsp extra virgin olive oil
- 1/2 yellow onion, chopped
- 2 cloves garlic, minced
- 1 cup tomato, chopped
- 1 cup pumpkin puree
- 1-1/2 cups water
- 1-1/2 tsp sea salt
- 1/2 tsp cinnamon
- 1 Tbsp maple syrup
- 1 tsp fresh minced sage, plus extra
- 1 tsp fresh lemon juice
- 1/2 cup coconut milk

DIRECTIONS:

1. Heat the olive oil in a large pot over medium heat and sauté the onion until tender, about 8 minutes. Add in the garlic and sauté until fragrant, about one more minute.
2. Transfer the cooked onion and garlic to a blender and add in the tomato, pumpkin, water, salt, cinnamon, maple syrup, and sage. Blend until completely smooth, then return the soup to the large pot and bring the liquid to a boil. Once boiling, lower the heat and stir in the lemon juice and coconut milk. Adjust any seasoning to taste and sprinkle with the extra sage for garnish. Serve warm.
3. Leftovers can be stored in an airtight container in the fridge for up to 5 days.



Pumpkin Mac and Cheese

INGREDIENTS:

- 1 pound shells pasta
- 1/2 cup roasted, unsalted whole cashews
- 1 cup unsweetened almond milk
- 1 (15oz) can pumpkin purée
- 1/3 cup nutritional yeast
- 4 cloves garlic
- 1/2 tsp ground cinnamon
- 1/4 tsp allspice
- 1/4 tsp freshly grated nutmeg
- 1/4 tsp cayenne pepper
- 2 tsp sea salt
- 1 tsp ground black pepper

DIRECTIONS:

1. Cook the pasta: Bring a large pot of salted water to a boil. Add the shells & stir to prevent sticking. Cook to al dente according to package directions, 10-11 minutes. Prior to draining the pasta, reserve about 2 cups of starchy pasta water. Drain the pasta. Return the reserved pasta to the pot. Set aside.
2. Blend the pumpkin cashew cream sauce: Meanwhile, as the pasta boils, make the pumpkin cashew cream sauce. Add the cashews, almond milk, pumpkin purée, nutritional yeast, garlic, cinnamon, nutmeg, allspice, cayenne, salt, & ground black pepper to a high-speed blender. Blend until the cashews completely break down into a smooth & creamy sauce.
3. Assemble the pumpkin mac and cheese: Pour the pumpkin cashew cream sauce over the pasta. Stir to combine, adding in the reserved pasta water little by little until your desired consistency is reached. The sauce should be very creamy but cling to the pasta nicely.
4. Serve immediately, topped with fresh herbs as desired. Enjoy!



One Pot Pumpkin Curry

INGREDIENTS:

2 Tbsp extra virgin olive oil
3 shallots, chopped
5 garlic cloves, minced
2 Tbsp grated ginger
2 Tbsp thai red curry paste
6 cups cubed pumpkin
2 cans coconut milk
1 pkg organic extra firm tofu, cubed
zest and juice from one lime
2 Tbsp coconut sugar
1 tsp sea salt

*optional garnish - cilantro or parsley and pumpkin seeds

DIRECTIONS:

1. Heat the oil in a large pot over medium high heat. Add in the shallots and cook until they are translucent.
2. Add in the garlic, ginger and curry paste. Cook, stirring constantly for about 2 minutes.
3. Add in the coconut milk, a little at a time until well mixed. Add in the squash, tofu, lime zest, coconut sugar, and salt.
4. Bring mixture to a simmer. Cover and simmer until the squash is tender about 15 minutes.
5. Remove the curry from the heat and stir in the lime juice. Serve over rice or with beans.
6. Garnish with cilantro or parsley and pumpkin seeds if desired.



Pumpkin Pudding

INGREDIENTS:

2 cups organic soy milk
1-1/2 cups pumpkin puree
1/2 cup organic brown sugar
4 Tbsp cornstarch
1/2 tsp pure vanilla extract
1 Tbsp pure maple syrup
1-1/2 tsp ground cinnamon
1/4 tsp nutmeg
1/4 tsp allspice

DIRECTIONS:

1. In a small saucepan, stir together the cornstarch and brown sugar. Add 1 Tbsp of soy milk, stirring until a paste is formed.
2. Place the saucepan over medium heat. Slowly add the milk, stirring constantly with a whisk to prevent clumping. Mix in the pumpkin puree. Bring the mixture to a boil, then reduce back to a low simmer, continuing to stir.
3. Once thickened to pudding consistency, remove from heat. Add the rest of the ingredients.
4. Place in the fridge until cold then serve in small jars and top with coconut whip cream and crushed nuts if you like!



Pumpkin Pie Blondies

INGREDIENTS:

2 cups all-purpose flour
1/2 cup organic white sugar
1/4 cup organic brown sugar
1 tsp baking powder
1 tsp baking soda
1/2 tsp ground cinnamon
1/4 tsp ground cloves
1/4 tsp ground ginger
1/4 tsp ground nutmeg
1/4 tsp sea salt
1 (15oz) can pumpkin puree
3-1/2 Tbsp coconut oil
1 Tbsp pure vanilla extract

DIRECTIONS:

1. Preheat the oven to 375 degrees F. Lightly grease a 9-inch square baking pan.
2. Sift flour, white sugar, brown sugar, baking powder, baking soda, cinnamon, cloves, ginger, nutmeg, and salt together in a bowl. Add pumpkin puree, coconut oil, and vanilla extract to the flour mixture and stir until a thick batter forms. Pour batter into the prepared baking pan.
3. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 20 minutes.
4. Remove from the oven and cool completely before cutting into 1-1/2-inch squares.



Cinnamon Sugar Pumpkin Seeds

INGREDIENTS:

3 cups pumpkin seeds dried for at least 24 hours

3 Tbsp coconut oil
1/2 tsp pure vanilla extract
4 Tbsp granulated sugar
2 tsp ground cinnamon
1 tsp sea salt

To dry pumpkin seeds:

Remove from pumpkins and rinse thoroughly. Spread out in a single layer on a baking sheet lined with paper towels. Let sit at room temperature for 24 hours, changing the damp paper towels out for dry ones after about 12 hours and stirring occasionally.

DIRECTIONS:

1. Preheat oven to 325°F and line a baking sheet with parchment paper. Set aside.
2. In a small bowl, mix together sugar, cinnamon, and salt.
3. Melt the coconut oil in a large microwave safe bowl or on the stovetop in a 4-quart pot.
4. Remove from heat and stir in vanilla.
5. Mix in pumpkin seeds until they are all evenly coated.
6. Add dry ingredients to the pumpkin seeds and mix until all they are evenly coated.
7. Spread pumpkin seeds on your baking sheet in a single layer.
8. Bake for 25-35 minutes, stirring every 10 minutes, until seeds begin to brown.
9. To test for doneness: remove a few seeds from the pan and let sit on the counter to cool. If they harden up the seeds are done. If they remain soft, return to the oven, checking them after 5 minutes. Continue baking in 5 minute intervals until done.
10. Once seeds are done, transfer them from the warm pan to another pan lined with parchment paper to let cool.



Squash & Ginger Oat Porridge

INGREDIENTS:

1 cup whole oat groats, soaked overnight
4 cups add'l filtered water
pinch of sea salt

3-1/2 cups cubed butternut squash
1 Tbsp tamari, more for serving
4 tsp fresh ginger, grated
1 garlic clove, minced

*for serving - green onions, toasted
pepitas and parsley

DIRECTIONS:

1. Drain and rinse the groats. Transfer to a blender and add the 4 cups of water and salt. Pulse until coarsely ground.
2. Pour into a medium pot along with the squash, ginger and garlic.
3. Bring to a boil, whisking frequently. Cover and reduce to low, simmering for 30 minutes.
4. Stir occasionally to prevent sticking. Remove from heat when grains are soft and creamy.
5. Add the tamari and adjust seasoning to taste.
6. Garnish with scallions, pepitas and parsley.



Cinnamon Squash Smoothie

INGREDIENTS:

1 cup + 1/4 cup packed roasted butternut squash (or 1 cup canned pureed squash)

1 cup + 1/2 cup almond milk
3-4 large medjool dates, pitted

1 Tbsp chia seeds

1-2 tsp cinnamon, to taste

1-1/2 tsp pure vanilla extract

1/2 tsp ground ginger

sprinkle of ground cloves

handful of ice cubes, or as needed

DIRECTIONS:

1. To roast your squash, preheat oven to 400°F and line a baking sheet with parchment paper.
2. Slice the stem off the squash and slice the squash in half lengthwise. Scoop out the seeds with a spoon. Brush a bit of oil on the squash and sprinkle with a pinch of salt. Place squash on the baking sheet, cut side up, and roast for 35-50 minutes, until fork tender and golden brown on the bottom. Allow to cool.
3. Add all smoothie ingredients into a high speed blender and blend on high until smooth, adjusting the spices as needed. Serve immediately & enjoy!



Roasted Squash Pecan Salad

INGREDIENTS:

SQUASH

5 cups peeled butternut squash, cubed
1 Tbsp melted coconut oil
1 Tbsp coconut sugar
pinch cayenne pepper
pinch of sea salt
1/2 tsp ground cinnamon
2 Tbsp pure maple syrup

PECANS

1 cup raw pecans
2 tsp coconut oil
1 Tbsp pure maple syrup
1 Tbsp coconut sugar
pinch of cayenne pepper
pinch of sea salt
1/2 tsp ground cinnamon

SALAD

2 cups romaine or mixed greens
1/2 lemon, juiced
2 tsp extra virgin olive oil
pinch of sea salt & black pepper
1/2 cup pomegranate arils
1/4 cup sliced onion
1/4 cup dried cranberries

DIRECTIONS:

1. Preheat the oven to 375F and line two baking sheets with parchment paper.
2. Mix the squash ingredients and toss to combine. Spread evenly on one of the baking sheets and bake for 20 minutes, or until fork tender. Stir halfway through.
3. Spread the pecans on the other baking sheet and bake for 8 minutes. Then remove and toss them with the pecan ingredients. Bake for 5 more minutes.
4. To serve, place your greens on a plate and drizzle with lemon juice, olive oil, salt & pepper. Toss gently to combine. Then add the onion, squash, pecans and pomegranate. Enjoy immediately.



Instant Pot Spaghetti Squash

INGREDIENTS:

1 medium spaghetti squash
1 cup water

Ways to eat:

Top strands with spaghetti sauce
Use in place of noodles in thai dish
Add to your favorite macaroni dish
Substitute it for fried rice
Toss it into a salad
Add it to your favorite toast
Add it to a frittata
Stuff it with your fav vegetables

DIRECTIONS:

1. Choose squash that will fit in your Instant Pot.
2. Carefully halve spaghetti squash lengthwise using a sharp knife.
3. Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts.
4. To a 6-quart or larger Instant Pot, add 1 cup of water.
5. Place trivet in Instant Pot and add halved and deseeded spaghetti squash sideways, facing up so that both halves fit. Seal with lid.
6. Press "PRESSURE COOK," make sure it is set to HIGH, then adjust the time to 8 minutes. Allow Instant Pot to pressurize.
7. Once the timer goes off, press the quick release. Carefully remove the lid once the steam has fully escaped. Use a fork or knife to check if the squash is fully cooked.
8. Once cooked, it should easily pierce the skin and flesh. If not fully cooked, cover with a lid and allow to continue steaming on "KEEP WARM" for 5-15 minutes or until tender.
9. Once slightly cool, press "CANCEL," remove squash, flip flesh-side up and use a fork to scrape out the strings.



Stuffed Butternut Squash

INGREDIENTS:

- 1 whole butternut squash
- 1 (15) oz can of black beans
- 2 cups of fresh spinach
- 3 green onions
- 1-1/2 cups cooked rice or quinoa
- 1 cup of corn
- 1 tsp smoked paprika
- 1 tsp chili powder
- 2 tsp garlic powder
- 1 tsp parsley flakes
- 1 tsp oregano
- 1/2 tsp red pepper flakes [optional]

DIRECTIONS:

1. Preheat oven to 400F
2. Carefully cut your squash in half using a sharp knife. Do not remove the stem or skin. Use a spoon to scoop the pulp and seeds out. Place the squash halves face-up on a baking sheet and brush with oil. Bake for 50-60 minutes until you can pierce the center with a fork and it is very soft.
3. Meanwhile, prepare the filling. Heat oil over a large skillet and add in chopped green onions. Saute until fragrant and then add in the black beans, rice, and all the spices.
4. Stir until combined and add in the corn and spinach. Continue to stir and saute. Once spinach reduces down, the squash filling is done.
5. Once the squash is soft enough in the center, remove it from the oven and let it cool for 5-10 minutes.
6. Using a spoon, carefully scoop out the center of the squash, leaving about 1/2 to 1 inch around the bottom and sides so there is enough to eat with your filling. Reserve the rest of the squash you scooped out for another recipe.
7. Scoop out your prepared filling and spoon it into the squash boat. Make sure to press it down with your spoon so that it is packed in tightly. There may be some leftovers that you can eat on the side or use for another recipe.
8. Serve immediately or store in an air-tight container in the fridge for up to 3 days. If you store it, reheat in the oven at 350F for 15 minutes.



Spaghetti Squash Burrito Bowls

INGREDIENTS:

ROASTED SPAGHETTI SQUASH

2 medium spaghetti squash
2 Tbsp olive oil
Salt & black pepper

CABBAGE AND BLACK BEAN SLAW

2 cups purple cabbage, thinly sliced
1 can (15oz) black beans, rinsed & drained
1 red bell pepper, chopped
1/3 cup chopped green onions
1/3 cup chopped fresh cilantro
3 Tbsp fresh lime juice
1 tsp olive oil
1/4 tsp sea salt

AVOCADO SALSA VERDE

1 cup mild salsa verde
1 ripe avocado, diced
1/3 cup fresh cilantro
1 Tbsp fresh lime juice
1 garlic clove, roughly chopped

DIRECTIONS:

1. To roast the spaghetti squash: Preheat the oven to 400F degrees and line a large baking sheet with parchment paper for easy clean-up. On the baking sheet, drizzle the halved spaghetti squash with olive oil. Rub the olive oil all over each of the halves, adding more if necessary.
2. Sprinkle the insides of the squash with freshly ground black pepper and salt. Turn them over so the insides are facing down. Roast for 40 to 60 minutes, until the flesh is easily pierced through with a fork.
3. Meanwhile, to assemble the slaw: In a medium mixing bowl, combine the cabbage, black beans, bell pepper, green onion, cilantro, lime juice, olive oil and salt. Toss to combine and set aside to marinate.
4. To make the salsa verde: In the bowl of a blender or food processor, combine the avocado, salsa verde, cilantro, lime juice and garlic. Blend until smooth, pausing to scrape down the sides as necessary.
5. To assemble, first use a fork to separate and fluff up the flesh of the spaghetti squash. Then divide the slaw into each of the spaghetti squash "bowls," and add a big dollop of avocado salsa verde. Finish the bowls with another sprinkle of pepper, cilantro and any other toppings you like.



Butternut Squash Puree

INGREDIENTS:

1 medium butternut squash
1 Tbsp olive oil
sea salt & black pepper
2 Tbsp coconut oil
¼ tsp dried sage
1 tsp garlic powder
1/4 cup shredded non-dairy cheese

DIRECTIONS:

1. Preheat the oven to 400F degrees.
2. Using a large knife, carefully slice the squash in half. Use a spoon to scoop out the seeds. Brush the cut sides with the olive oil and sprinkle with salt and pepper.
3. Line a baking sheet with parchment paper, then place the halves cut side down. Bake the squash until tender when a fork is inserted into the thickest portion, about 45 minutes for a 3-pound squash and up to 15 minutes more for a larger squash.
4. Carefully scrape the squash flesh from the skin using a fork. Try to scrape off any stringy very bright orange from the top before using.
5. Place the warm squash in a food processor with the coconut oil, dried sage, garlic and non-dairy cheese. Puree until smooth, about 30 seconds to 1 minute. Taste and add additional salt if necessary (depending on the amount you added when roasting).
6. Serve warm; leftovers last refrigerated for up to 3 days.



Butternut Squash Chili

INGREDIENTS:

2 lbs butternut squash, 1/2" chunks
28oz can diced tomatoes with juice
1 can black beans, drained
1 can pinto beans, drained
1-1/2 cup veggie broth
1 cup cooked quinoa
1 yellow bell pepper, diced
2 chipotle peppers in adobo, chopped
5 garlic cloves, minced
1-1/2 tsp paprika
1/2 tsp cinnamon
1/4 tsp salt
1/4 tsp black pepper
cilantro, for garnish

*other optional toppings - avocado
slices, corn, sour cream, cheese,
tortilla chips and salsa.

DIRECTIONS:

1. Heat 2 Tbsp of water in a large pot over medium heat. Add the garlic, chipotles and squash. Cook for about 20 minutes.
2. Add the bell pepper and cook for another 5 minutes. Add more water if it gets dry.
3. Next add the remaining ingredients (except cilantro). Mix well.
4. Bring to a simmer and let simmer for 10 minutes. Check if the squash is cooked, if not then simmer for a little longer.
5. Serve in a bowl and garnish with cilantro. Add toppings as desired.