



October Recipe Book 2024

Created by EpicLuv



Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder

Use tapioca flour instead.

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

Homemade Pumpkin Pie Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.

Spider Web Pumpkin Soup

11 ingredients · 20 minutes · 4 servings



Directions

1. In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
2. Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
3. Meanwhile, slice your black olives and set aside for garnish.
4. Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
5. Garnish soup with olive slices in the form of spiders. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

No Coconut Milk

Use coconut yogurt.

No Squeeze Bottle

Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

Serve it With

A slice of toasted bread.

Ingredients

- 2 tbsps Coconut Oil
- 2 1/4 cups Pureed Pumpkin
- 2 cups Vegetable Broth
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Ground Ginger
- 1 tsp Ground Sage
- 1 1/2 tpsps Maple Syrup
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Canned Coconut Milk (optional)
- 1/4 cup Black Olives (pitted and sliced)

No-Bake Pumpkin Protein Bars

10 ingredients · 15 minutes · 8 servings



Directions

1. Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
2. Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
3. Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
4. Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
5. Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
6. Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Ingredients

- 1/2 cup** Coconut Flour
- 1/4 cup** Vanilla Protein Powder
- 3/4 tsp** Pumpkin Pie Spice
- 1/2 cup** Almond Butter
- 1/3 cup** Maple Syrup
- 1 tsp** Vanilla Extract
- 1/2 cup** Pureed Pumpkin
- 1 tbsp** Unsweetened Almond Milk
- 1/2 cup** Dark Chocolate Chips
- 1 tbsp** Coconut Butter (melted)

Notes

Nut-Free

Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

No Coconut Butter

Omit, or use melted chocolate as a drizzle instead.

Storage

Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Creamy Potato, Lentil & Kale Casserole

8 ingredients · 1 hour · 8 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
3. In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

A 10 x 13-inch dish was used for 8 servings.

Ingredients

- 6 Yellow Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Canned Coconut Milk (full fat)
- 3 cups Pureed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tsps Sea Salt

Sunbutter Pumpkin Protein Balls

6 ingredients · 10 minutes · 10 servings



Directions

1. In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumblly.
2. Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days, or freeze if longer.

Serving Size

One serving equals one ball, about one inch in diameter.

More Flavor

Add pumpkin pie spice, maple syrup and/or vanilla extract.

No Hemp Seeds

Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

No Sunflower Seed Butter

Use almond butter, tahini or pumpkin seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1/4 cup** Coconut Flour
- 2 tbsps** Vanilla Protein Powder
- 1/4 cup** Sunflower Seed Butter
- 1/4 cup** Pureed Pumpkin
- 1 tbsps** Oat Milk (unsweetened, plain)
- 1/4 cup** Hemp Seeds (for coating, optional)

Pumpkin Spice Smoothie

8 ingredients · 10 minutes · 2 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cup.

Nut Free

Use pumpkin seed butter.

More Protein

Add collagen or protein powder.

More Fiber

Add frozen cauliflower, ground flax, and/or chia seeds.

Soy-Free

Use any other milk alternative.

Ingredients

- 1 1/2 cups Soy Milk
- 1 cup Pureed Pumpkin
- 1/4 cup Hemp Seeds
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon (plus more for garnish)
- 1/8 tsp Sea Salt

Pressure Cooker Pumpkin Oatmeal

8 ingredients · 20 minutes · 2 servings



Directions

1. Combine the oats, water, milk, pumpkin, maple syrup, and pumpkin pie spice in the pressure cooker. Close the lid and set to "sealing". Press manual/pressure cooker and cook for two minutes on high pressure.
2. Once the cooking time is complete, allow the pressure to naturally release for 10 minutes, then carefully quick release any remaining pressure.
3. Divide the oatmeal into bowls and top with yogurt and seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Additional Toppings

Top with granola, banana, nut butter and/or maple syrup.

Ingredients

- 1 cup Oats (rolled)
- 1 1/3 cups Water
- 1 cup Unsweetened Almond Milk
- 3/4 cup Pureed Pumpkin
- 2 tbsps Maple Syrup
- 3/4 tsp Pumpkin Pie Spice
- 1/2 cup Unsweetened Coconut Yogurt
- 2 tbsps Pumpkin Seeds

One Pan Chicken, Brussels Sprouts & Squash

7 ingredients · 50 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with avocado oil, rosemary, thyme and sea salt.
2. Place in the oven and bake for 35 minutes, flipping the chicken halfway. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Fresh Herbs

Use dried herbs instead, reducing the amount used by half.

Ingredients

- 1 1/2 cups Butternut Squash (chopped into small cubes)
- 2 cups Brussels Sprouts (trimmed, halved)
- 1 lb Chicken Thighs (boneless, skinless)
- 1 tsp Avocado Oil
- 1 tbsp Rosemary (fresh, chopped)
- 1 tbsp Thyme (fresh, chopped)
- 1/4 tsp Sea Salt

Turkey, Cabbage & Pumpkin Soup

10 ingredients · 40 minutes · 2 servings



Directions

1. Heat the oil in a pot over medium heat. Once hot, add the turkey. Cook, stirring often until the turkey is cooked through, about ten minutes. Add the cabbage, carrots, and turmeric. Stir and cook for another five minutes.
2. Add the broth and pumpkin purée. Stir and bring to simmer. Turn the heat down, cover the pot with a lid, and simmer for about 15 minutes.
3. Uncover the pot, add the coconut milk, and simmer for another five minutes.
4. Divide the soup between serving bowls. Top with parsley and lime juice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add garlic and onion powder.

No Bone Broth

Use broth of choice.

Ingredients

- 1 tsp Avocado Oil
- 10 ozs Extra Lean Ground Turkey
- 1 1/2 cups Green Cabbage (thinly sliced)
- 2 Carrot (medium, julienned)
- 1 1/2 tsps Turmeric
- 12 fl ozs Bone Broth
- 1/2 cup Pureed Pumpkin
- 1 cup Canned Coconut Milk (full fat)
- 1/4 cup Parsley (optional for garnish)
- 1/2 Lime (juiced)

Creamy Apple Pie Protein Oatmeal

8 ingredients · 20 minutes · 1 serving



Directions

1. Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
2. Cook the oats according to the package directions.
3. Stir the protein powder into the yogurt.
4. Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size

One serving is approximately two cups.

Additional Toppings

Cinnamon, chia seeds, ground flax seeds, nuts.

Ingredients

- 1/2 Apple (diced small)
- 1 **tbsp** Water
- 1 **tbsp** Maple Syrup (plus more for garnish)
- 1/2 **tsp** Cinnamon (plus more for garnish)
- 1/2 **cup** Oats (rolled)
- 2 **tbsps** Vanilla Protein Powder
- 1 **cup** Plain Greek Yogurt
- 1 **tbsp** Hemp Seeds