



- GF Gluten Free
- DF Dairy Free
- LC Low Carb (20g- serve)
- MP Meal Prep/Freezer Friendly
- HP High Protein (20g+ per serve)
- V Vegetarian
- Q Quick (under 30 mins)
- N Contains Nuts



Pumpkin Recipe Pack

NutritionCookery.com



Pumpkin Pancakes

Serves 4

1 cup (135g) whole wheat flour
1 tbsp. baking powder
1½ tsp. pumpkin spice blend
¼ tsp. salt
1 cup (240ml) almond milk
⅓ cup (80g) pumpkin purée
1 egg
2 tbsp. honey
2 tbsp. butter, melted
½ tsp. vanilla extract
1 tbsp. coconut oil
4 tbsp. maple syrup
¼ cup (30g) pecans, chopped

What you need to do

In a bowl, combine the flour, baking powder, pumpkin pie spice blend and salt.

In a second bowl, combine the milk, pumpkin purée, egg, maple syrup, melted butter and vanilla extract. Fold the dry ingredients into the wet ingredients and stir until well combined.

Heat a nonstick skillet with some of the coconut oil, over a medium-low heat. Pour ⅓ cup of the batter into the skillet and cook for 2-3 minutes, until bubbles start to appear on the top. Flip the pancake over and cook for another 1-2 minutes until cooked through. Repeat this process with the remaining pancake batter.

Serve the pancakes warm with a drizzle of maple syrup and some chopped pecans.

NOTE: If you can't find pumpkin spice in your local store make your own at home using the quantities below:

Homemade pumpkin spice blend:

1 tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground ginger
⅓ tsp. ground cloves

MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	307	12	47	6	5

*Nutrition per serve



Roasted Pumpkin & Pecan Salad

Serves 6

For the salad:

10 oz. (280g) kale, stems removed, leaves chopped
2 tbsp. olive oil
salt to taste
1.5 oz. (40g) goat cheese, crumbled
¼ cup (30g) dried cranberries

For the pumpkin:

1.5 lbs. (680g) pumpkin, cubed (approx. ½ pumpkin)
1½ tbsp. olive oil
salt & pepper to taste

For the pecans:

1 cup (125g) pecans
⅓ cup (40g) pumpkin seeds
2 tbsp. honey
⅛ tsp. salt

For the dressing:

1 tsp. dijon mustard
1 tbsp. honey
2 tbsp. balsamic vinegar
2 tbsp. olive oil
salt & pepper, to taste

What you need to do

Preheat the oven to 400°F (200°C). Line two baking sheets with baking paper.

Place the kale into a large bowl and massage the olive oil and salt into the leaves for 3-4 minutes, then set aside.

Place the pumpkin onto one of the baking sheets and drizzle with oil. Season with salt and pepper and toss until evenly coated. Place the baking sheet into the hot oven and roast for 20-25 minutes.

Place the pecans and pumpkin seeds in a medium bowl, drizzle with honey, season with salt, then toss until evenly coated and spread out evenly onto the second baking sheet. Roast in the hot oven for 8-10 minutes.

Make the dressing by adding all of the dressing ingredients together into a bowl or jar. Mix well to combine.

To make the salad, add the goat's cheese, cranberries, kale, toasted seeds and nuts, and pumpkin into a large salad bowl. Pour the dressing over the salad, toss to combine and serve immediately.

GF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins	278	20	23	6	4

*Nutrition per serve



Easy Pumpkin Turkey Chilli

Serves 4

2 tbsp. olive oil
3 cloves garlic, minced
1 red onion, diced
1 lb. (450g) ground turkey, lean
14 oz. (400g) pumpkin puree
2x 14 oz. (400g) cans chopped tomatoes
3 tbsp. tomato paste
1 tbsp. coconut sugar
½ cup (120ml) chicken stock
1 tbsp. Sriracha sauce
2 tbsp. chili powder
1 tsp. smoked paprika
salt & pepper to taste

What you need to do

Heat the olive oil in a large pot over a medium/high heat. Add the garlic and onion and sauté for 2-3 minutes until fragrant.

Add the ground turkey and cook for a further 5-6 until the turkey has browned. Add the remaining ingredients to the pot and mix until well combined. Cover the pot, bring to a boil, then lower the heat and simmer gently for 10 minutes.

Taste for seasoning and serve immediately.

GF	DF	LC	MP	HP				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)		
10 mins	20 mins	313	17	18	24	5		

*Nutrition per serve



Pumpkin Pie Smoothie

Serves 2

2 cups (480ml) almond milk,
unsweetened
1 cup (250g) pumpkin puree
1 tsp. pumpkin spice blend
2 frozen bananas, chopped
½ cup (120g) Greek yogurt
2 tbsp. vanilla protein powder

What you need to do

Place all the ingredients in a high-speed blender, and blend until smooth. Divide between 2 glasses and serve immediately.

GF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	245	5	41	14	8

*Nutrition per serve



Pumpkin Bars

Serves 12

1 ½ cups (180g) all-purpose flour
1 tsp. ground cinnamon
½ tsp. salt
½ tsp. baking soda
2 eggs, room temperature
1 cup (180g) coconut sugar
1 cup (250g) pumpkin puree
½ cup (120ml) olive oil
¾ cup (185g) applesauce, unsweetened

What you need to do

Preheat the oven to 350°F (180°C). Line a square baking pan with baking paper.

Mix the flour, cinnamon, salt and baking soda in a large bowl.

Beat the eggs, sugar, pumpkin puree, oil and applesauce in another large bowl. Fold the dry ingredients into wet ingredients and mix until just combined.

Pour the batter into the prepared baking pan, place into a hot oven and bake for 45-50 minutes or until a toothpick inserted in the center comes out clean.

Remove the pan from the oven, and set aside on a wire rack to cool completely before slicing into bars.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	50 mins	214	10	32	2	3

*Nutrition per serve