



**THANKSGIVING
PLANT RICH RECIPES**





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	<i>page</i>
Happy Thanksgiving from Bounty & Soul	3
Starters:	
Pumpkin Hummus	4
Soups and Gravy:	
Butternut Squash & Apple Bisque	5
Mushroom Gravy	6
Entrée:	
Holiday Lentil Loaf	7
Salads:	
Warm Kale & Sweet Potato Salad	8
Roasted Butternut Squash and Quinoa Salad	9
Stuffings:	
Brown Rice or Quinoa Apple and Kale Stuffing	10
Kale & Butternut Squash Stuffing	11
Mushroom and Sage Stuffing	12
Sides:	
Garlicky Cauliflower Purée	13
Green Bean Casserole	14
Mashed Turnips and Potatoes with Greens	15
Roasted Root Veggies	16
Sweet Potato Casserole	17
Twice Baked Butternut Squash	18
Breads:	
Cornbread	19
Dark Chocolate Pumpkin Bread	20
Desserts:	
Apple Crisp	21
Pumpkin & Sweet Potato Mousse	22
Pumpkin Spice Chia Pudding	23



HAPPY THANKSGIVING!

It's with great joy and love for our community that we share these simple, healthy, and scrumptious Thanksgiving recipes with you!

At its best, Thanksgiving can be a time to gather with those we treasure to enjoy the Bounty of this beautiful earth, to reflect on our blessings, and to ready ourselves for the coming winter season.

We hope that being part of our Bounty & Soul family fills your heart, and that in that spirit you'll make a few of these recipes for the ones you love.

May this Thanksgiving find you *grateful* for your blessings, *generous* with your love for those who are closest to you, and *creative* in your approach to what is important to you.

You are the Bounty and the Soul of our community, and we're grateful for you this season.

Happy Thanksgiving!

Legend

c. = cup

T. = Tablespoon

t. = teaspoon



Pumpkin Hummus

INGREDIENTS:

- 1 can chickpeas, drained and rinsed
- 1 can white beans (cannellini or other), drained and rinsed
- 1 c. canned pumpkin or cooked fresh pumpkin
- ¼ c. freshly squeezed lime juice
- 1 medium-large clove garlic (adjust to taste, use smaller clove for kid-friendly)
- 1 t. sea salt
- 1 T. tahini
- ¾ t. cumin
- ¼ t. (rounded) allspice
- ¼ t. (lightly rounded) smoked paprika (or add another ¼ t. cumin)
- ½ t. pure maple syrup (optional)
- ¼ c. toasted pumpkin seeds (see note for toasting; reserve about 2-3 T.s for garnish)

DIRECTIONS:

In a food processor add all ingredients except pumpkin seeds. Puree until very smooth. Taste and add additional garlic or spices if desired. Add most of the pumpkin seeds (reserving 2 T.) and pulse. Transfer mixture to a serving dish, and top with remaining pumpkin seeds. Serve with whole-grain pita breads, tortilla chips, warm whole-grain bread, etc.

Pumpkin seeds note: When toasting nuts and seeds, do so in larger batches to have them ready to use another time. Consider toasting about a cup or more. To toast pumpkin seeds, place on a baking sheet lined with parchment paper (can use toaster oven and a small baking tray). Bake at 400° F for several minutes until they turn a golden color and have a nutty aroma. This won't take long, maybe about 5-7 minutes, possibly longer depending on your oven. Check them after about 5 minutes, as they can burn quickly.

Recipe from : *Forks Over Knives*



Butternut Squash and Apple Bisque

INGREDIENTS:

1 medium butternut squash
1 c. coconut or almond milk
1 c. (plus more) vegetable broth
¼ c. sweet onion
1 apple, minced
1 T. grated ginger
½ clove garlic chopped
2 T. coconut oil or butter
sea salt and ground black pepper to taste

OPTIONAL: thyme or rosemary

Toasted pumpkin seeds (See Pumpkin Hummus recipe for directions)

DIRECTIONS:

Cut butternut squash in half, place on baking sheet cut side down, and cook in oven at 400° F for 35-45 minutes until soft. Or, peel and dice into 1 inch cubes and steam or boil until soft.

While the squash is in the oven, sauté the onion, apple, garlic, ginger, and optional rosemary or thyme in the coconut oil or butter. Add the broth and cook over low heat for 3-5 minutes.

Scoop out cooked squash from halves or drain cubes. Put into a blender with broth mixture. Blend until smooth. Slowly add in coconut milk and more broth as needed to make a smooth mixture. Serve hot and top with toasted pumpkin seeds.



Mushroom Gravy

INGREDIENTS:

- 2 T. extra-virgin olive oil
- 1 shallot, finely chopped (1/3 cup)
- 16 ounces cremini mushrooms, sliced
- 1/2 T. tamari or soy sauce
- 2 garlic cloves, minced
- 1 1/2 T. fresh thyme leaves
- 1/2 T. chopped rosemary
- 1/4 c. all-purpose flour
- 3 c. vegetable broth
- Sea salt and freshly ground black pepper

DIRECTIONS:

Heat the olive oil in a large skillet over medium heat. Add the shallot and cook until soft, about 4 minutes.

Add the mushrooms and cook until soft, about 8 to 10 minutes. Stir in the tamari, garlic, thyme, and rosemary. Sprinkle the flour over the mushrooms and stir for 1 minute.

Add the broth and simmer until thickened, whisking often, about 20 minutes. Season with salt and pepper to taste.

NOTES:

Make this recipe gluten free: Omit the flour in step 2. At the end of step 3, spoon a few tablespoons of the liquid into a small bowl. Add 2 tablespoons cornstarch and stir until smooth. Pour this mixture back into the pan and stir until the gravy thickens.

Credit: <https://www.loveandlemons.com/mushroom-gravy/>



Holiday Lentil Loaf

INGREDIENTS:

1 c. dry lentils (use green/brown)
2 ½ c. water or vegetable broth
3 T. flaxseed meal (ground flaxseeds)
⅓ c. water
2 T. olive oil
3 garlic cloves, minced
1 small onion, finely diced
1 small red bell pepper, finely diced
1 carrot, finely diced or grated
1 celery stalk, finely diced
¾ c. oats (can be gluten free)
½ c. oat flour or finely ground oats (any flour of choice will work)
1 heaping t. dried thyme or poultry seasoning
½ heaping t. cumin
½ t. each garlic powder & onion powder...for good measure!
¼ - ½ t. ground chipotle pepper, optional
cracked pepper & sea salt to taste

Glaze

3 T. ketchup or tomato paste
1 T. balsamic vinegar
1 T. maple syrup

DIRECTIONS:

Rinse lentils. In large pot add 2 ½ c. water/broth with lentils. Bring to a boil, reduce heat, cover and simmer for about 40 minutes, stirring occasionally. Soft is fine as they will be pureed. Remove lid and set aside to cool for about 15 minutes (do not drain).

Preheat oven to 350 degrees F.

In small bowl combine flaxseed meal and ⅓ c. water, set aside for at least 10 minutes, preferably in the refrigerator, to thicken.

In sauté pan heat oil over medium heat. Sauté garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices, mixing well to incorporate. Set aside to cool.

Using a blender or food processor, blend ¾ of the lentil mixture.. Alternately, you can mash the lentils with a potato masher or fork. Combine sautéed vegetables with the lentils, oats, oat flour and thickened flax meal and mix well. Taste, adding salt and pepper as needed, or any other herb as desired. Place mixture into a loaf pan lined with parchment paper, leave paper overlapping for easy removal. Press down firmly, filling in along the edges. Prepare glaze by mixing all ingredients in a small bowl. Spread over top of loaf and bake 45 – 50 minutes. Let cool before slicing.



Warm Kale & Sweet Potato Salad

INGREDIENTS:

- 2 sweet potatoes
- 2 T. coconut oil
- 3 cloves of garlic
- 1 onion, sliced
- 1 bunch kale
- 2 T. red wine vinegar
- 1 t. fresh thyme

DIRECTIONS:

Preheat oven to 400 degrees F. Toss the sweet potatoes with 1 T. melted coconut oil in a bowl. Arrange evenly on a baking sheet and season with salt and pepper. Bake in preheated oven until the sweet potatoes are tender, 20 to 25 minutes.

Meanwhile, heat the remaining 1 T. of coconut oil in a large skillet over medium heat. Sauté the onion and garlic until the onion has caramelized to a golden brown, about 15 minutes. Stir in the kale, cooking until wilted and tender.

Combine the sweet potatoes, kale, red wine vinegar, and fresh thyme in a bowl. Season to taste with salt and pepper, and gently stir to combine.



Roasted Butternut Squash and Quinoa Salad

INGREDIENTS:

6 c. butternut squash (1 medium butternut squash), or sweet potatoes peeled and cubed
1 T. olive oil or melted coconut oil
½ t. salt and ½ t. black pepper
1 t. dried rosemary
1 c. uncooked quinoa
½ c. red onion, finely chopped
2 c. baby kale or other leafy green, chopped
½ c. dried cranberries
½ c. chopped pecans, walnuts, pumpkin or sunflower seeds

Vinaigrette

¼ c. olive oil
2 T. balsamic or other flavored vinegar
1 t. honey
1 t. Dijon mustard
1 clove garlic, minced
salt and pepper, to taste

DIRECTIONS:

Preheat oven to 400 degrees F. In a large bowl, toss the butternut squash with olive or coconut oil and season with salt, freshly ground pepper, and rosemary. Spread butternut squash in a single layer on a foil-lined baking sheet. Roast for 20 minutes or until squash is tender and lightly browned.

While the butternut squash is roasting, rinse quinoa and place in a medium pan with water. Bring to a boil, reduce to a simmer and cook partially covered until liquid is absorbed – about 16-18 minutes.

Whisk all the ingredients for vinaigrette in a small bowl until combined.

To assemble the salad, combine the roasted butternut squash, cooked quinoa, chopped red onion, chopped kale, cranberries, chopped pecans in a large bowl. Add the balsamic vinaigrette and mix until combined. Season with salt and pepper, to taste. Serve warm or cold.



Brown Rice or Quinoa Apple & Kale Stuffing

INGREDIENTS:

1 c. uncooked brown or wild rice or quinoa
2½ c. water or vegetable broth
1 T. coconut oil
¾ c. chopped onion
1 c. sliced mushrooms
1 c. chopped apple
¼ c. dried cranberries (optional)
1½ c. diced celery
1 bunch chopped kale or other leafy green
½ t. salt, ¼ t. black pepper
1 T. poultry seasoning or thyme and rosemary
Handful fresh parsley chopped
½ c. vegetable or chicken broth
Nutritional yeast

DIRECTIONS:

Rinse rice or quinoa with water until water is clear. Place rice or quinoa in water or broth and bring to boil. Reduce heat, cover and cook until all water is absorbed, stirring frequently. Rice: 35 minutes Quinoa: 15 minutes.

Heat oil over medium heat in skillet. Add onions, mushrooms, apple, cranberries and celery. sauté until tender. Add salt, pepper and poultry seasoning. Continue to stir slowly until fragrant, about 10 minutes. Combine the cooked grains, fruit/vegetable mixture and broth in a large bowl. For stuffing: stuff turkey with combined mixture. For dressing: Preheat oven to 250 degrees F, put combined mixture into a greased baking dish, top with nutritional yeast and bake for 15 minutes. Top with fresh chopped parsley.



Kale and Butternut Squash Stuffing

INGREDIENTS:

- 5 T. olive oil (divided)
- 1 small butternut squash, cut into ½ inch cubes
- 3 small leeks or 1 medium onion, thinly sliced
- 1 t. salt
- 1 t. pepper
- 1 T. thyme and rosemary
- 1 bunch kale
- 1 loaf gluten free (or whole wheat) bread, cut into 1/2-inch cubes
- 1 flax egg = 1 T. ground flaxseed and 3 T. water
- 2 c. vegetable broth

DIRECTIONS:

1. Preheat oven to 350 degrees F and grease two small or one large casserole dish with 1 T. olive oil.
2. In a large pot, warm 1 T. olive oil over medium heat.
3. Add butternut squash, leeks or onion, salt, and pepper. Cook until leeks/onions are soft, stirring occasionally.
4. Remove kale stems and chop the leaves. Add to the pot, cover and cook for 4-5 minutes until wilted.
5. Add bread and remaining 3 T. olive oil, and toss to distribute oil. Whisk flax egg and broth together in a separate bowl, and add to the pot. Toss bread mixture to coat and cook for about a minute, until liquid is absorbed.
6. Add stuffing to prepared casserole dish(es) and bake for 40 minutes or until lightly browned



Mushroom and Sage Stuffing

INGREDIENTS:

- 1 c. salted non-dairy butter
- 2 heaping c. chopped celery
- 1 heaping c. chopped onion
- 2 pounds brown or white mushrooms, sliced
- 2 c. vegetable broth
- 1/2 c. chopped parsley
- 1 T. ground sage
- 1 t. salt
- 1 t. ground black pepper
- 1 t. poultry seasoning blend
- 1 loaf (16 to 20 ounces) sliced whole wheat sandwich bread, cut into cubes

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a huge pot (an 8-quart size), melt the non-dairy butter over medium heat. When melted, add the chopped celery, onion, and sliced mushrooms. Toss to coat, then sauté, occasionally stirring, until the vegetables have softened, 15 to 20 minutes.
3. Then remove the pan from heat, and stir in the vegetable broth, parsley, sage, salt, pepper, and poultry seasoning.
4. When evenly mixed, add the bread pieces, and stir gently to combine.
5. Transfer the mixture to a 9×13-inch baking dish, and spread evenly. Cover tightly with foil, and bake for 35 minutes.
6. Serve hot, and enjoy!

Credit:

<https://www.onegreenplanet.org/vegan-recipe/mushroom-and-sage-stuffing-vegan/>



Garlicky Cauliflower Purée

INGREDIENTS:

- 1 large head (or 2 small) cauliflower, chopped
- 3 T. butter
- 1 large leek or onion, thinly sliced
- 3 cloves garlic
- ½ c. plain yogurt (regular or Greek)
- Salt
- Pepper
- Handful of parsley, chopped

DIRECTIONS:

Bring a pot of water to a boil. Add cauliflower and cook 12 to 15 minutes, until soft. Drain and set aside. While cauliflower is cooking, melt butter in a saucepan. Add leeks or onion and garlic, and cook for about 8 minutes, until softened, being careful not to burn garlic.

Combine all ingredients except parsley to a food processor or blender and pulse until blended. Season with salt and pepper to taste. If mixture is too thick, add extra yogurt or a splash of milk. Sprinkle with parsley.



Green Bean Casserole

INGREDIENTS:

2 lbs. green beans, trimmed and cut into 2" pieces
Cooking spray

Sauce:

10 small white mushrooms, sliced
3 T. whole wheat flour
1 c. almond milk, unsweetened
2 T. cream cheese
¼ c. Parmesan cheese, grated (not packed)
½ t. salt
¼ t. ground black pepper

Topping:

1 T. extra virgin olive oil
½ c. whole wheat or Panko breadcrumbs
⅓ c. Parmesan cheese, grated (not packed)
3 T. water
Combine in small bowl and set aside

DIRECTIONS:

Preheat oven to 375 degrees F. Spray large baking dish (approximately 8 x 11) with cooking spray and set aside. Bring water to a boil in a large pot. Add beans along with pinch of salt, and bring to a boil. Reduce heat to medium and cook for 5-6 minutes or until al dente. Green beans should be firm and not too soft. Drain and rinse in cold water to stop the cooking process. Set aside.

With large skillet, heat olive oil on medium high heat. Add onions and cook until golden brown, stirring occasionally. Add another T. oil to the skillet and sauté mushrooms briefly until they begin to give up their moisture. Sprinkle with flour and stir. Add almond milk, lower heat and simmer gently allowing the sauce to thicken. Cut cream cheese into small cubes and add to sauce, stirring to melt over low heat. Add parmesan and seasonings.

Preheat oven to 350 degrees F. Place beans in lightly greased casserole dish, pour sauce over the top. Sprinkle with parmesan topping and bake in oven for 20 minutes.



Mashed Turnips and Potatoes with Greens

INGREDIENTS:

2 bunches turnips
1 pound potatoes, peeled and chopped
3 carrots, chopped
Bay leaf, optional or other savory spices
1-½ c. plain unsweetened almond or other plant-based milk, plus more if needed
Salt and pepper to taste
¼ c. nutritional yeast (adds creaminess and essential nutrients)
1-2 T. coconut oil or 2 T. broth
1 onion, finely chopped
4 cloves garlic, minced
Turnip greens, chopped (can substitute with swiss chard, kale, collards or spinach)
Optional seasoning: thyme, rosemary, paprika.

DIRECTIONS:

Remove turnip greens, chop and set aside. Peel and chop turnips into ½” cubes. Peel and cube potatoes.

In a medium saucepan, bring turnips, potatoes, carrots and bay leaf to a boil in salted water over high heat; cook until vegetables are tender when pierced with a knife, about 20 minutes. Drain, discard bay leaf, and return vegetables to pan.

While potatoes and turnips are cooking, mince 4 cloves of garlic and chop onion and greens. In a separate pan, sauté onions and garlic. Once onions and garlic are fully cooked, add the greens and cook until greens are wilted. With a potato masher, mash the potatoes and turnips with warm plant milk to desired consistency. Add the sautéed onions, garlic, greens mixture, nutritional yeast, salt and pepper; mix well. Serve warm with gravy or plain.



Roasted Root Veggies

INGREDIENTS:

- 1 c. butternut squash (or any other winter squash) peeled & cubed
- 1 large beet, peeled and cubed
- 1 large sweet potato, peeled & cubed
- 1 red bell pepper, cubed
- 2 apples, peeled & cubed
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 T. olive oil
- ¼ t. cumin
- ¼ t. chili powder
- ½ t. salt
- Pepper to taste

OPTIONAL VEGGIES: Carrots, parsnips, rutabaga, turnip, cauliflower

DIRECTIONS:

Preheat oven to 400 degrees F. Line rimmed baking sheet with parchment paper. Toss vegetables together with oil and seasonings. Spread in a single layer on baking sheet. Roast until golden brown and tender, about 25-30 minutes. Beets may take longer to cook so either cut them smaller or roast them separately.



Sweet Potato Casserole

INGREDIENTS:

- 6 cubed sweet potatoes, about 3 large potatoes
- ½ c. unsweetened coconut or almond milk
- 6 T. pure maple syrup
- 2 T. unrefined coconut oil
- 1 t. vanilla extract
- 1 t. cinnamon
- ¼ t. nutmeg
- ½ t. salt

Pecan Topping

- ¾ c. toasted pecans or walnuts
- ⅓ c. whole wheat flour
- ¼ c. date or brown sugar
- ½ t. cinnamon
- ¼ t. salt
- 2 T. coconut oil, melted

DIRECTIONS:

Preheat the oven to 350 degrees F. In a large saucepan, bring 8 c. water to a boil. While water is heating, peel and chop the sweet potatoes into ½ " inch cubes. Boil about 10 minutes until potatoes can be easily pierced with a fork.

While potatoes are cooking, prepare the pecan topping. Place toasted pecans, flour, sugar, cinnamon, and salt in a blender or food processor and pulse a few times to combine. Once pecans have broken into uniform pieces, add the melted coconut oil. Pulse a few more times until the crumbs hold together. Set aside.

Drain the water from the cooked sweet potatoes and let cool 10 minutes. Mash potatoes with a masher or large fork. Add the coconut or almond milk, maple syrup, coconut oil, vanilla, cinnamon, nutmeg and salt, and blend together with a hand mixer or electric beater. Transfer to a 2-quart casserole dish, top evenly with the pecan topping, and bake for 20-25 minutes until topping is golden brown. Remove from heat and let cool 10 minutes before serving.



Twice Baked Butternut Squash

INGREDIENTS:

- 1 medium butternut squash, halved and seeded
- ½ c. quinoa
- 1 c. vegetable broth
- 1 c. loosely packed shredded baby kale or spinach
- 1 c. diced celery
- 1 apple, cored and diced (firm, slightly tart variety like Pink Lady or Honeycrisp)
- ¼ c. dried cranberries or cherries
- 2 T. minced parsley
- 1 T. minced fresh sage
- 2 T. apple cider vinegar
- 2 t. olive oil
- ⅛ t. black pepper

DIRECTIONS:

Preheat oven to 375 degrees F. Place squash halves flesh side down on a parchment lined baking sheet. Roast for 40 minutes. Meanwhile, rinse quinoa in running water until water is clear. Then cook quinoa in vegetable broth according to package directions. When cooked, combine in a large bowl with remaining ingredients. Scoop flesh from squash, leaving about ½ inch around the sides, and reserve flesh for another use. Place scooped out squash halves flesh side up on parchment lined baking sheet. Scoop quinoa mixture into squash halves until filled. (You may have some left over.) Return pan to the oven and bake for another 20 minutes.



Healthy Cornbread

INGREDIENTS:

- 1 c. whole wheat flour
- 1 c. cornmeal
- ¼ c. date sugar, maple syrup, or honey
- 1 t. baking soda
- 1 t. baking powder
- ¾ t. salt
- 1 c. unsweetened coconut or almond milk
- 1 egg, beaten OR 1 T. ground flaxseed mixed with 3 T. water
- ½ cup corn kernel (fresh, frozen or canned)
- OPTIONAL : ¼ c. melted coconut oil

DIRECTIONS:

Preheat oven to 400 degrees F. Lightly grease an 8x8 baking pan. In a large bowl, mix flour, cornmeal, date sugar, baking soda and powder, and salt. Stir in milk and egg (or substitute). Stir only until blended. Add corn and oil if using. Pour batter into prepared pan. Bake in preheated oven for 20-25 minutes or until center of the bread springs back when gently pressed.



Dark Chocolate Pumpkin Bread

INGREDIENTS:

- ¼ c. unsweetened applesauce
- ⅓ c. unsweetened cocoa powder
- ¾ c. all-purpose flour
- ¾ c. whole wheat flour
- ½ t. ground cinnamon
- ¼ t. ground nutmeg
- ¼ t. ground ginger
- ⅛ t. ground cloves
- ¾ t. baking soda
- ¾ t. salt
- 1 c. pumpkin purée (about ½ of a 15-ounce can)
- ¾ c. date sugar or brown sugar
- 3 T. almond or peanut butter, at room temperature
- 1 t. pure vanilla extract
- ½ c. dark chocolate chips

DIRECTIONS:

Preheat the oven to 350°F. Lightly grease an 8" x 4" loaf pan or use a nonstick or silicone loaf pan. Boil some water (no need to measure yet). Combine the applesauce and cocoa powder in a large mixing bowl. In a separate bowl, sift together the flour, cinnamon, nutmeg, ginger, cloves, baking soda and salt. Pour ⅓ c. of the boiling water into the bowl with the applesauce/cocoa mixture, mixing quickly to make a smooth chocolate sauce. Add the pumpkin, sweetener, almond butter, and vanilla and mix well.

Add about half of the flour mixture to the chocolate mixture and gently stir just to incorporate. Add 1 T. boiling water to the mixture and stir again. Add the rest of the flour mixture, and another T. of boiling water, and stir just until smooth (do not overmix). Fold in the chocolate chips. Spoon the batter into the prepared loaf pan. Smooth out the top with a spatula. Bake for 55 to 60 minutes. Check for doneness - a toothpick should come out clean. Remove from the oven. Cool for 10 minutes, run a knife around the edges and carefully invert the loaf onto a cooling rack to finish cooling.



Healthy Apple Crisp

INGREDIENTS:

6 apples – peeled, cored, and sliced

1 ½ T. sugar

½ t. ground cinnamon

1 c. brown sugar

¾ c. old-fashioned oats

¾ c. whole wheat flour

½ t. baking powder

1 t. ground cinnamon

½ c. cold vegan butter or ½ cup cold pressed unrefined coconut oil

DIRECTIONS:

Preheat oven to 350 degrees F. Coat 9" x 9" baking dish with cooking spray. Toss apples with white sugar and ½ t. cinnamon in a medium bowl to coat; pour into the 9-inch square baking dish. Mix brown sugar, oats, flour, baking powder and 1 t. cinnamon in a separate bowl. Use a pastry cutter or 2 forks to mash cold butter or cold coconut oil into oats mixture until the mixture resembles coarse crumbs; spread over the apples to the edges of baking dish. Pat the topping gently until even. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.



Pumpkin & Sweet Potato Mousse

INGREDIENTS:

- 2 large (or 4 small) sweet potatoes baked and mashed
- 1-15 oz can pumpkin purée OR or 1½ c. fresh pumpkin purée, drained for ½ hour
- ¼ c. honey or pure maple syrup
- ½ t. pumpkin pie spice
- ½ t. ground cinnamon
- ½ c. coconut milk

DIRECTIONS:

If using fresh sweet potatoes, bake at 350 degrees F for 1 hour until soft. Let cool enough to handle. Remove flesh and purée baked sweet potatoes (in processor or blender) until smooth. Do not overmix. Add in pumpkin, honey and spices, and blend until smooth. Add in coconut milk and mix. Pour into bowls and refrigerate for 30 minutes. Serve and enjoy!



Pumpkin Spice Chia Pudding

INGREDIENTS:

- ½ c. chia seeds
- 2 c. almond milk or plant-based milk of your choice
- 2 c. pumpkin purée (canned pumpkin OR cooked and blended fresh pumpkin)
- 1 t. ground cinnamon
- ½ t. ground ginger
- ¼ t. ground nutmeg
- ¼ t. ground cloves
- Pinch chili powder
- Ground black pepper
- 2 t. vanilla extract
- 2 T. maple syrup (optional)
- Coconut flakes for garnish (optional)

DIRECTIONS:

Mix the chia seeds and almond milk in a jar, and let the mixture stand for 5 minutes. Then put jar lid on tightly and shake jar vigorously to disperse the chia seeds. Put covered jar in the refrigerator to chill for at least 4 hours, or overnight.

In a small bowl, whisk together the cinnamon, ginger, nutmeg, cloves, chili powder, and black pepper. Remove the chia pudding from the refrigerator, and stir in the pumpkin purée, dry spice mixture, vanilla extract, and maple syrup (if using). Serve garnished with coconut flakes.