

Delicious & Nutrition Dietitian Approved Pumpkin Recipes Ideas

Shana Griffin, Registered Dietitian at ShopRite of West Hartford

Pumpkin Spice Latte

Time: 5 minutes Yield: 1 serving

INGREDIENTS

- 12 oz. brewed coffee
- 1 Tbsp. pure pumpkin puree
- 2 tsp coconut oil
- ½ tsp. pure vanilla extract
- 1/2 tsp. pumpkin pie spice
- 1/2 tsp. pure maple syrup
- ¼ cup unsweetened milk alternative

INSTRUCTIONS

1. Brew coffee. While coffee is brewing, in a saucepan over medium heat (may use microwave) stir together the pumpkin, coconut butter, and milk. Heat until warm but not hot. This will help to keep your latte nice and hot.
2. Pour 12oz. coffee in a blender, add the remaining ingredients and blend on high for 20 seconds until creamy and frothy.
3. Serve in your favorite mug, sprinkle a pinch of pumpkin pie spice and enjoy a creamy non-dairy Pumpkin Spice Latte!

Flourless Simple Pumpkin Pancakes

Prep time: 10 min. Cooking time: 20 min. Yield: About 8 small pancakes

Recipe adapted from practicalpaleo.com

Ingredients:

- 4 Eggs
- ½ cup canned pumpkin
- 1 tsp pure vanilla extract
- 2 tbsp 100% pure maple syrup (optional)
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon
- ¼ tsp baking soda
- 2 tbsp butter or coconut oil
- 1 tbsp ground flax (optional)
- 1 tbsp hemp seeds (optional)

Directions:

Whisk the eggs, canned pumpkin, pure vanilla extract, and maple syrup together. Sprinkle in pumpkin spice, cinnamon, baking soda, and flax + hemp (if using) into the wet batter. Melt 2 tbsp butter or (coconut oil) in a large skillet over medium heat. Then, mix the butter into the batter. Grease the skillet (I use coconut oil spray-eco friendly spray bottle) and spoon the batter into the skillet to make pancakes of your desired size. When a few bubbles appear; flip the pancakes once to finish cooking. Serve with fresh fruit, sliced banana, sprinkle of cinnamon, extra hemp seeds, almond butter or a light drizzle of pure maple syrup!