

Pumpkin Recipes

Pumpkin Cookies with Brown butter icing

- 2 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/4 teaspoons coarse salt
- 1 1/2 teaspoons ground cinnamon
- 1 1/4 teaspoons ground ginger
- 3/4 teaspoon ground nutmeg
- 3/4 cup (1 1/2 sticks) unsalted butter, softened
- 2 1/4 cups packed light-brown sugar
- 2 large eggs
- 1 1/2 cups canned solid-pack pumpkin (14 ounces)
- 3/4 cup evaporated milk
- 1 teaspoon pure vanilla extract
- **For The Icing**
- 4 cups confectioners' sugar, sifted
- 10 tablespoons (1 1/4 sticks) unsalted butter
- 1/4 cup plus 1 tablespoon evaporated milk
- 2 teaspoons pure vanilla extract

Directions

1. Make cookies: Preheat the oven to 375 degrees. Whisk together flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg in a medium bowl; set aside.
2. Put butter and brown sugar in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium speed until pale and fluffy, about 3 minutes. Mix in eggs. Reduce speed to low. Add pumpkin, evaporated milk, and vanilla; mix until well blended, about 2 minutes. Add flour mixture; mix until combined.
3. Transfer 1 1/2 cups batter to a pastry bag fitted with a 1/2-inch plain tip (such as Ateco #806). Pipe 1 1/2-inch rounds onto parchment-lined baking sheets, spacing 1 inch apart. Bake cookies, rotating sheets halfway through, until tops spring back, about 12 minutes. Cool on sheets on wire racks 5 minutes. Transfer cookies to wire racks; let cool completely.
4. Make icing: Put confectioners' sugar in a large bowl; set aside. Melt butter in a small saucepan over medium heat. Cook, swirling pan occasionally, until golden brown, about 3 minutes. Immediately add butter to confectioners' sugar, scraping any browned bits from sides and bottom of pan. Add evaporated milk and vanilla; stir until smooth. Spread about 1 teaspoon icing onto each cookie. If icing stiffens, stir in more evaporated milk, a little at a time.

Gluten Free Grain Free High Density Nutrition- actually GOOD for you cookies!

Pumpkin Bars – Elana’s Pantry

printer friendly

- 1/3 cup **coconut flour**
 - 1/4 teaspoon **celtic sea salt**
 - 1/2 teaspoon **baking soda**
 - 1/2 teaspoon cinnamon
 - 4 eggs
 - 1 cup fresh baked pumpkin or winter squash
 - 1/3 cup honey
 - 1/4 cup **coconut oil**
 - 1/2 cup **dark chocolate chips** or raisins if you really are thinking healthy
1. In a **food processor**, combine coconut flour, salt, baking soda and cinnamon
 2. Pulse in eggs, pumpkin, honey and oil until well combined
 3. Stir in the chocolate chips by hand
 4. Transfer batter to an **8x8 inch Pyrex baking dish**
 5. Bake at 350° for 20-30 minutes
 6. Cool and serve

GOOD for you Pancakes

Ingredients:

- 1 cup of almond flour
- 4 eggs
- 2 tsp of cinnamon
- 1 tsp of pumpkin spice
- A pinch of ground clove
- A pinch of nutmeg
- 1/2 cup of pumpkin or squash puree
- 1/2 tsp of baking soda
- 4 pitted deglet dates
- 1 tsp of vanilla extract
- pinch of salt
- 1 tsp of coconut oil, plus more for greasing the skillet

Preparation

Using a blender combine all the ingredients until the dates are completely dissolved

Heat a skillet to medium

Add about one tsp of coconut oil and spread evenly across the bottom of the skillet

- Pour about 2 tbsp of the pancake batter onto the hot skillet to make the pancakes
- Reduce heat to low.
- Wait for the top of the pancake to start bubbling and turn
- Continue to cook until the middle of the pancake is fully cooked
- Serve them as is or top with maple syrup or [date paste](#)

Makes about 10-12

Tips:

Keep the pancakes small so that they are easy to turn.

Keep the heat at low because these pancakes burn easily.

Three Sisters Stew

Three Sisters Cookbook – Oneida Indian Nation

- 1 tablespoon olive or canola oil
- 1 large onion, sliced
- 1 clove garlic, crushed
- 1 jalapeno chili, finely chopped
- 4 cups yellow summer squash, sliced (about 1 pound)
- 4 cups zucchini, cut into 1 inch pieces (about 2 medium)
- 4 cups butternut squash, peeled and cubed (about 1 large)
- 3 cups green beans, cut into 1 inch pieces (about 1 pound)
- 1 cup frozen whole kernel corn
- 1 teaspoon dried thyme leaves
- 2 16-ounce cans kidney beans, undrained

Heat oil in Dutch oven over medium heat. Cook onion, garlic and chili in oil about 2 minutes, stirring occasionally, until onion is tender. Stir in remaining ingredients. Cook over low heat 10-15 minutes, stirring frequently until squash is tender Yield: 6 servings Nutrition per serving: calories 310, percent calories iron fat 12%, sodium 360 mg, cholesterol 0 mg.

Toasted Pumpkin Seeds- Variations

Clean seeds in colander with cold water. You can soak these overnight OR boil them a while to soften the outer coat- OR not

Oil /Balsamic Vinegar -Herbs and Sea salt- Sea Salt and a touch of Maple syrup

