

## Fall Baking Recipes

Created by Dr. Bob Bacon



# Chocolate Pumpkin Muffins

13 ingredients · 35 minutes · 12 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a large bowl combine the ground flax and water. Let it sit for five minutes or until thickened.
3. To the same bowl, add the pumpkin, almond milk, coconut sugar, and coconut oil. Mix until smooth. Then add the oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt. Stir well until combined. Fold in the chocolate chips, if using.
4. Fill each muffin liner about 3/4 full and place in the oven to bake for 22 to 25 minutes, until cooked through. Remove from the oven and let cool before serving or storing. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.

### Serving Size

One serving is equal to one muffin.

### Additional Toppings

Chopped pecans or walnuts.

## Ingredients

- 1 **tblsp** Ground Flax Seed
- 3 **tbpsps** Water
- 1 **cup** Pureed Pumpkin
- 1/4 **cup** Unsweetened Almond Milk
- 1/3 **cup** Coconut Sugar
- 1/4 **cup** Coconut Oil
- 1 1/3 **cups** Oat Flour
- 1/2 **cup** Cocoa Powder
- 2 **tsps** Pumpkin Pie Spice
- 1 **tsp** Baking Powder
- 1/2 **tsp** Baking Soda
- 1/4 **tsp** Sea Salt
- 1/2 **cup** Dark Chocolate Chips (optional)

## Nutrition

Amount per serving

<b>Calories</b>	188	<b>Cholesterol</b>	0mg
<b>Fat</b>	10g	<b>Sodium</b>	148mg
<b>Carbs</b>	22g	<b>Vitamin A</b>	3189IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	9g	<b>Calcium</b>	52mg
<b>Protein</b>	4g	<b>Iron</b>	2mg

# Banana Baked Oatmeal

9 ingredients · 1 hour 10 minutes · 9 servings



## Directions

1. Combine the oats, ground flax and 2/3 of the walnuts in a large mixing bowl.
2. In a second mixing bowl combine the mashed banana, maple syrup, almond milk, vanilla, salt and cinnamon, if using. Stir the banana mixture into the oat mixture until well combined. Let the batter rest for at least 20 minutes.
3. Preheat the oven to 350°F (176°C). Line a baking dish with parchment paper.
4. Transfer the batter to the prepared baking dish and top with the remaining walnuts. Bake for 30 to 35 minutes or until golden brown around the edges and just spongy to the touch.
5. Let cool slightly before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Baked oatmeal is easier to cut into squares when cooled fully.

### Serve it With

Sliced banana, more walnuts, nut butter, shredded coconut, melted coconut butter or chia jam.

### Baking Dish

A 9 x 9 inch ceramic baking dish was used to create the standard nine servings.

### Banana

Four bananas are equal to approximately 1.5 cups of mashed banana.

## Ingredients

- 2 1/2 cups Oats (rolled)
- 1/2 cup Ground Flax Seed
- 1 cup Walnuts (chopped, divided)
- 4 Banana (small, very ripe, mashed)
- 1/3 cup Maple Syrup
- 1 1/2 cups Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 tsp Cinnamon (optional)

## Nutrition

Amount per serving

<b>Calories</b>	288	<b>Cholesterol</b>	0mg
<b>Fat</b>	13g	<b>Sodium</b>	96mg
<b>Carbs</b>	39g	<b>Vitamin A</b>	117IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	14g	<b>Calcium</b>	126mg
<b>Protein</b>	7g	<b>Iron</b>	2mg

# Sweet Potato Waffles

11 ingredients · 25 minutes · 3 servings



## Directions

1. Boil the sweet potatoes until they are fork-tender, roughly 10 minutes. Drain and set aside to cool slightly.
2. In a food processor, add the cooked sweet potato, eggs, maple syrup, two-thirds of the coconut oil, and the vanilla extract. Process until blended. Add the almond flour, baking powder, and cinnamon and process until fully combined.
3. Heat the waffle maker to medium heat and brush with some of the remaining coconut oil until well coated. Add enough batter to cover the bottom of the waffle maker and cook for three to five minutes or until golden brown and cooked through. Repeat with the remaining batter.
4. To serve, top with almond butter, strawberries, and pumpkin seeds if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

### Serving Size

One serving is one waffle. One waffle is approximately 1/2 cup of the batter.

### Additional Toppings

Serve with additional maple syrup or cinnamon.

### Sweet Potato

A small sweet potato yields approximately one cup of cubes.

## Ingredients

- 1/2 Sweet Potato (small, peeled, cut into cubes)
- 2 Egg
- 2 tbsps Maple Syrup
- 1 1/2 tbsps Coconut Oil (divided)
- 1 tsp Vanilla Extract
- 1 cup Almond Flour
- 1 tsp Baking Powder
- 1/2 tsp Cinnamon
- 1/4 cup Almond Butter (optional)
- 1/3 cup Strawberries (optional)
- 1/4 cup Pumpkin Seeds (optional)

## Nutrition

Amount per serving

Calories	574	Cholesterol	124mg
Fat	45g	Sodium	226mg
Carbs	29g	Vitamin A	3259IU
Fiber	8g	Vitamin C	10mg
Sugar	12g	Calcium	293mg
Protein	20g	Iron	4mg

# Apple Oat Pancakes

8 ingredients · 25 minutes · 3 servings



## Directions

1. In a mixing bowl, combine the oat flour, quick oats, cinnamon, and baking powder. Stir in the apple sauce, almond milk, and maple syrup.
2. Heat a nonstick pan over medium-low heat. Lightly brush the pan with the oil. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to three months. Reheat in a dry pan or a toaster.

### Serving Size

One serving is two pancakes.

### Additional Toppings

Butter, peanut butter, coconut butter, or maple syrup.

### No Oat Milk

Use almond milk instead.

### No Coconut Oil

Use avocado oil instead.

## Ingredients

- 1 cup Oat Flour
- 1 tbsp Quick Oats
- 1 tsp Cinnamon
- 1 1/2 tsp Baking Powder
- 1/2 cup Unsweetened Applesauce
- 1/2 cup Unsweetened Almond Milk (unsweetened)
- 2 tbsps Maple Syrup
- 1/2 tsp Coconut Oil (for the pan)

## Nutrition

Amount per serving

<b>Calories</b>	235	<b>Cholesterol</b>	0mg
<b>Fat</b>	4g	<b>Sodium</b>	273mg
<b>Carbs</b>	42g	<b>Vitamin A</b>	98IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	12g	<b>Calcium</b>	255mg
<b>Protein</b>	8g	<b>Iron</b>	2mg

# Sweet Potato Almond Muffins

8 ingredients · 45 minutes · 9 servings



## Directions

1. Add the sweet potato to a steamer basket over boiling water and steam for eight to 10 minutes or until very tender. Transfer the cooked sweet potato to a mixing bowl and mash it until smooth. Let the sweet potatoes cool slightly.
2. Preheat the oven to 350°F (176°C) and line a muffin tray with baking cups or use a silicone muffin tray.
3. Add the applesauce, almond butter, maple syrup, and egg to the same bowl with the mashed sweet potato and mix until well combined. Add the cinnamon, baking powder, and almond flour and stir again.
4. Divide the batter between muffin cups. Bake for 20 to 22 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool completely. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to one muffin.

### Sweet Potato

One small sweet potato is equal to a heaping 1/2 cup of mashed sweet potato.

### More Flavor

Add pumpkin pie spice or vanilla extract.

## Ingredients

- 1 Sweet Potato (small, peeled and cubed)
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 2 Egg (whisked)
- 1/2 tsp Cinnamon
- 1/2 tsp Baking Powder
- 1/2 cup Almond Flour

## Nutrition

Amount per serving

<b>Calories</b>	124	<b>Cholesterol</b>	41mg
<b>Fat</b>	8g	<b>Sodium</b>	52mg
<b>Carbs</b>	10g	<b>Vitamin A</b>	2114IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	5g	<b>Calcium</b>	70mg
<b>Protein</b>	4g	<b>Iron</b>	1mg

# Vegan Cinnamon Rolls

10 ingredients · 35 minutes · 8 servings



## Directions

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk together the almond milk, apple cider vinegar, and half the maple syrup. In a separate mixing bowl, combine the almond flour, tapioca flour, baking powder, and baking soda. Add the wet ingredients to the dry ingredients and combine until the dough becomes soft and sticky. Set aside.
3. Lay a large sheet of parchment paper on the counter and sprinkle with tapioca flour. Roll out the dough into a flat rectangle about 1/4 to 1/2-inch thick. Sprinkle the cinnamon and coconut sugar generously overtop, then tightly roll the dough into a log, using the parchment to keep from getting sticky.
4. Using floss or string, slice the dough into 1 1/2-inch rolls. Transfer to the baking sheet and bake for 12 to 15 minutes, or until cooked through. Let cool for five minutes before icing.
5. Whisk together the cream cheese and remaining maple syrup. Spread over the cinnamon rolls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. The icing can be left on or refrigerated separately. Microwave for 15 seconds before serving.

### Serving Size

One serving equals one cinnamon roll.

### More Flavor

Add vanilla extract to the dough and icing. Mix the coconut sugar and cinnamon with melted coconut oil before spreading onto the dough.

### Additional Toppings

Top with chopped pecans.

### No Almond Milk

Use cashew milk or canned coconut milk.

## Ingredients

- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Apple Cider Vinegar
- 1/4 cup Maple Syrup (divided)
- 3 cups Almond Flour
- 2 cups Tapioca Flour (plus more for work surface)
- 1 tbsp Baking Powder
- 1/2 tsp Baking Soda
- 2 tbsps Coconut Sugar
- 1 tbsp Cinnamon
- 6 ozs Vegan Cream Cheese (room temperature)

## Nutrition

Amount per serving

Calories	448	Cholesterol	0mg
Fat	27g	Sodium	362mg
Carbs	48g	Vitamin A	50IU
Fiber	5g	Vitamin C	0mg
Sugar	11g	Calcium	254mg
Protein	11g	Iron	3mg

**No Tapioca Flour**

Use arrowroot powder or cornstarch.

# Apple Crumble Bites

4 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
3. Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
4. Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

### Serving Size

One serving is approximately 6 to 8 wedges, or half of an apple.

### More Flavor

Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

### Serve it With

Drizzle of honey or yogurt for dipping.

### Apple

Gala apples were used to create this recipe.

## Ingredients

**1/2 cup** Canned Coconut Milk

**1/2 cup** Ground Flax Seed

**1 tsp** Cinnamon

**2** Apple (medium; cored and sliced into 1/2-inch wedges)

## Nutrition

Amount per serving

<b>Calories</b>	172	<b>Cholesterol</b>	0mg
<b>Fat</b>	10g	<b>Sodium</b>	9mg
<b>Carbs</b>	18g	<b>Vitamin A</b>	51IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	4mg
<b>Sugar</b>	10g	<b>Calcium</b>	33mg
<b>Protein</b>	4g	<b>Iron</b>	1mg

# Baked Apples with Oatmeal

7 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together half of the maple syrup, coconut oil, pumpkin pie spice, and salt. Add the oats and hazelnuts and stir well.
3. Place the apples on the baking sheet, skin side down. Spoon the oat mixture on top of the apples. Bake in the oven for 20 to 25 minutes or until the apples are soft.
4. Drizzle the remaining maple syrup on top and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to half of an apple with toppings.

### No Hazelnut

Use pecans or walnuts instead.

### No Pumpkin Pie Spice

Use cinnamon instead.

### Serving Options

Serve with a vanilla ice cream if desired.

## Ingredients

- 2 tbsps Maple Syrup (divided)
- 1 1/2 tsps Coconut Oil
- 1/2 tsp Pumpkin Pie Spice
- 1/4 tsp Sea Salt
- 2/3 cup Oats (rolled)
- 1/4 cup Hazelnuts (chopped)
- 2 Apple (halved, cored)

## Nutrition

Amount per serving

Calories	193	Cholesterol	0mg
Fat	8g	Sodium	151mg
Carbs	30g	Vitamin A	51IU
Fiber	4g	Vitamin C	5mg
Sugar	16g	Calcium	34mg
Protein	3g	Iron	1mg

# Pumpkin Spice Granola

10 ingredients · 40 minutes · 12 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
3. In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
4. Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
5. Divide into bowls or store sealed in a jar until ready to use. Enjoy!

## Notes

### Leftovers

Stores well in an airtight container up to a week. Freezes well for longer.

### No Walnuts

Use pecans or slivered almonds instead.

### Nut-Free

Skip the nuts and add extra pumpkin seeds.

### Serve it With

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

### Optional Add-Ins

Raisins, dried cranberries, berries or coconut flakes.

## Ingredients

- 3 cups Oats (rolled)
- 1 cup Walnuts (chopped)
- 1/2 cup Pumpkin Seeds
- 1/4 cup Ground Flax Seed
- 1/4 tsp Sea Salt
- 3/4 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon
- 1/4 cup Coconut Oil
- 1/3 cup Maple Syrup
- 1/3 cup Pureed Pumpkin

## Nutrition

Amount per serving

Calories	249	Cholesterol	0mg
Fat	16g	Sodium	52mg
Carbs	23g	Vitamin A	1061IU
Fiber	4g	Vitamin C	1mg
Sugar	6g	Calcium	38mg
Protein	6g	Iron	2mg

# 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)

## Nutrition

Amount per serving

Calories	281	Cholesterol	16mg
Fat	22g	Sodium	122mg
Carbs	18g	Vitamin A	7187IU
Fiber	3g	Vitamin C	2mg
Sugar	8g	Calcium	78mg
Protein	6g	Iron	2mg

**Homemade Pumpkin Pie Spice**

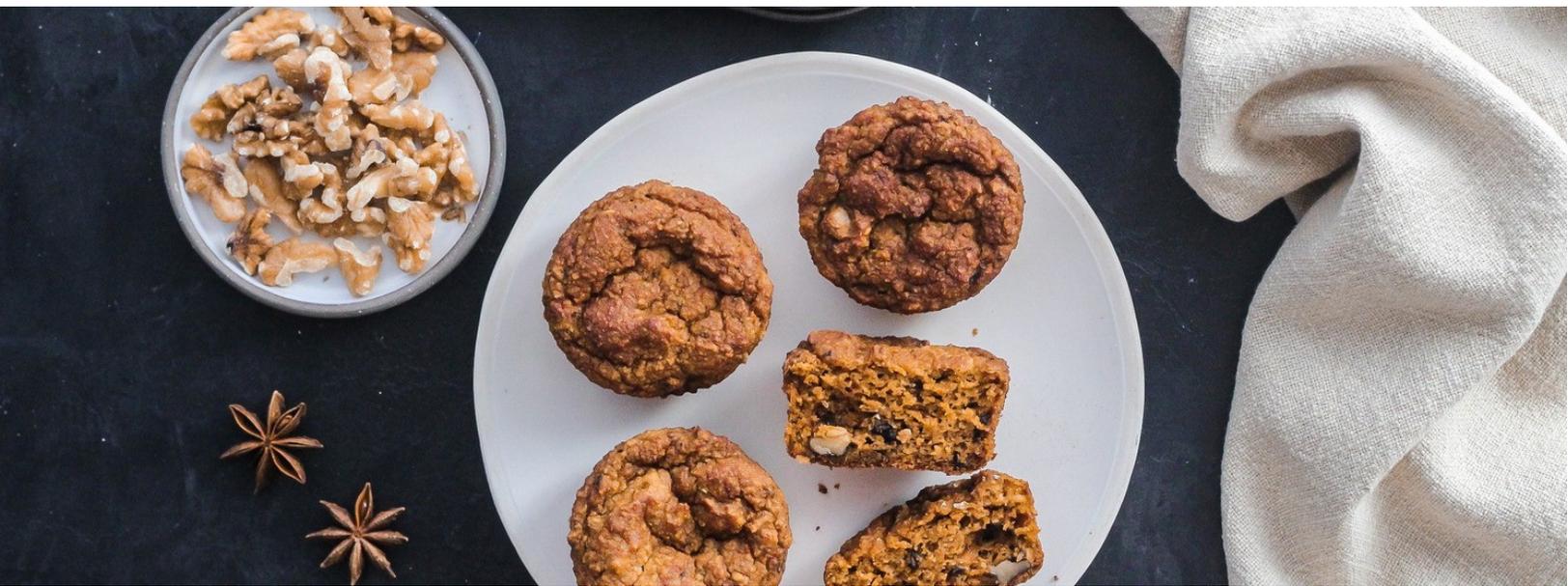
Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

**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.

# Pumpkin Muffins

14 ingredients · 40 minutes · 12 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
3. In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
4. Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
5. Remove from oven and let cool before serving or storing. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

### Serving Size

One serving is equal to one muffin.

### No Walnuts

Use chocolate chips instead of walnuts.

## Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/3 cup Unsweetened Almond Milk
- 1 tsp Apple Cider Vinegar
- 1 1/2 cups Oat Flour
- 1 cup Almond Flour
- 1 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1 tsp Pumpkin Pie Spice
- 1/4 tsp Sea Salt
- 1 cup Pureed Pumpkin
- 1/2 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Walnuts (roughly chopped)

## Nutrition

Amount per serving

<b>Calories</b>	216	<b>Cholesterol</b>	0mg
<b>Fat</b>	12g	<b>Sodium</b>	182mg
<b>Carbs</b>	24g	<b>Vitamin A</b>	3192IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	9g	<b>Calcium</b>	78mg
<b>Protein</b>	6g	<b>Iron</b>	2mg

# Pumpkin Breakfast Donuts

10 ingredients · 25 minutes · 6 servings



## Directions

1. Preheat your oven to 350°F (177°C) and lightly grease your donut pan.
2. In a large bowl, combine the oat flour, chia seeds, monk fruit sweetener, baking powder, sea salt, and pumpkin pie spice.
3. Add the almond milk, coconut oil, and pumpkin puree. Mix well and transfer to a piping bag or a large ziploc bag with the corner sliced off. Pipe the batter into the donut pan using a circular motion.
4. Bake for about 15 minutes, or until golden brown. Remove from oven and let cool. Once cooled, drizzle with melted coconut butter. Enjoy!

## Notes

### No Donut Pan

Use a muffin tin instead.

### No Monk Fruit Sweetener

Use coconut sugar instead.

### Storage

Store in an airtight container in the fridge up to 4 to 5 days, or freeze for longer.

### Serving Size

One serving is equal to one donut.

## Ingredients

- 1/2 cup Oat Flour
- 1/2 cup Chia Seeds
- 1/4 cup Monk Fruit Sweetener
- 1 1/2 tsps Baking Powder
- 1/8 tsp Sea Salt
- 2 tsps Pumpkin Pie Spice
- 2/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Pureed Pumpkin
- 2 tbsps Coconut Butter (melted)

## Nutrition

Amount per serving

<b>Calories</b>	204	<b>Cholesterol</b>	0mg
<b>Fat</b>	14g	<b>Sodium</b>	194mg
<b>Carbs</b>	25g	<b>Vitamin A</b>	3234IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	1g	<b>Calcium</b>	234mg
<b>Protein</b>	5g	<b>Iron</b>	2mg

# Pecan Pie Squares

5 ingredients · 35 minutes · 16 servings



## Directions

1. Preheat oven to 350°F (177°C).
2. Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
3. Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
4. Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
5. Place in the oven and bake for 20 minutes.
6. Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

## Notes

### Leftovers

Store in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.

## Ingredients

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

## Nutrition

Amount per serving

<b>Calories</b>	245	<b>Cholesterol</b>	0mg
<b>Fat</b>	18g	<b>Sodium</b>	4mg
<b>Carbs</b>	21g	<b>Vitamin A</b>	9IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	13g	<b>Calcium</b>	23mg
<b>Protein</b>	4g	<b>Iron</b>	1mg

# Apple Crisp

10 ingredients · 1 hour · 8 servings



## Directions

1. Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
2. Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
3. Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
4. Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
5. Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
6. Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
7. Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
8. Scoop into bowls and serve with coconut ice cream.

## Notes

### Leftovers

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

### Homemade Oat Flour

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

## Ingredients

- 2 Apple (cored and sliced)
- 1/3 cup Maple Syrup (divided)
- 1 tbsp Coconut Flour (or 1 tbsp)
- 1/4 cup Unsweetened Applesauce
- 1 cup Oat Flour
- 3/4 cup Oats
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/3 cup Coconut Oil
- 1 cup Coconut Ice Cream (optional)

## Nutrition

Amount per serving

<b>Calories</b>	302	<b>Cholesterol</b>	0mg
<b>Fat</b>	14g	<b>Sodium</b>	218mg
<b>Carbs</b>	36g	<b>Vitamin A</b>	27IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	2mg
<b>Sugar</b>	18g	<b>Calcium</b>	64mg
<b>Protein</b>	4g	<b>Iron</b>	1mg

# Pumpkin Breakfast Cookies

14 ingredients · 45 minutes · 8 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

## Notes

### Leftovers

Freeze in the freezer-safe bag or container for up to one month.

### Make it Sweeter

Add in a handful of dark chocolate chips.

### Vegan

Use maple syrup instead of honey and a chia egg instead of an egg.

## Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)

## Nutrition

Amount per serving

<b>Calories</b>	262	<b>Cholesterol</b>	23mg
<b>Fat</b>	11g	<b>Sodium</b>	182mg
<b>Carbs</b>	37g	<b>Vitamin A</b>	4888IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	2mg
<b>Sugar</b>	21g	<b>Calcium</b>	93mg
<b>Protein</b>	7g	<b>Iron</b>	2mg

# Pumpkin Loaf

12 ingredients · 1 hour · 12 servings



## Directions

1. Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
2. In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
3. Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
4. Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
5. Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. If not eating right away, wrap and store in the freezer for up to two months.

### Muffins

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

### Make it Sweet

Stir in a handful of dark chocolate chips to the batter before baking.

### Serve it With

A cup of herbal tea or coffee.

## Ingredients

- 3 Egg
- 3/4 cup Sunflower Seed Butter
- 1/3 cup Maple Syrup
- 1/2 cup Pureed Pumpkin
- 3 tbsps Coconut Oil
- 1/2 Lemon (juiced)
- 1/4 cup Coconut Flour
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/3 tsp Baking Powder
- 1 1/2 tsps Ginger (grated)
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

Calories	185	Cholesterol	47mg
Fat	14g	Sodium	89mg
Carbs	12g	Vitamin A	1666IU
Fiber	2g	Vitamin C	2mg
Sugar	7g	Calcium	42mg
Protein	5g	Iron	1mg

# Pumpkin Pie Overnight Oats

7 ingredients · 8 hours · 4 servings



## Directions

1. In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
2. Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### No Pumpkin Pie Spice

Use cinnamon instead.

### No Pecans

Use any type of crushed nuts or hemp seeds instead.

## Ingredients

- 2 cups** Oats (quick or traditional)
- 2 cups** Unsweetened Almond Milk
- 2 cups** Pureed Pumpkin
- 2 tbsps** Chia Seeds
- 1/4 cup** Maple Syrup
- 1 tbsp** Pumpkin Pie Spice
- 1/2 cup** Pecans (toasted and chopped)

## Nutrition

Amount per serving

<b>Calories</b>	380	<b>Cholesterol</b>	0mg
<b>Fat</b>	15g	<b>Sodium</b>	93mg
<b>Carbs</b>	56g	<b>Vitamin A</b>	19325IU
<b>Fiber</b>	11g	<b>Vitamin C</b>	6mg
<b>Sugar</b>	17g	<b>Calcium</b>	355mg
<b>Protein</b>	9g	<b>Iron</b>	5mg

# Apple Cinnamon Scones

9 ingredients · 40 minutes · 8 servings



## Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, mix the ground flax with water. Set aside to thicken.
3. In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
4. Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
5. Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
6. Remove from oven, let cool slightly and enjoy immediately.

## Notes

### Leftovers

Store at room temperature in an air-tight container up to 3 days, or freeze.

### Extra Flavour

Serve them with butter, nut butter or chia jam.

### Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.

## Ingredients

- 2 **tbps** Ground Flax Seed
- 3/4 **cup** Water
- 2 **cups** All Purpose Gluten-Free Flour
- 1 **tbps** Baking Powder
- 1/4 **cup** Coconut Sugar
- 1/2 **tsp** Sea Salt
- 1 **tsp** Cinnamon
- 1/3 **cup** Coconut Oil (room temperature)
- 1 Apple (medium, diced)

## Nutrition

Amount per serving

<b>Calories</b>	268	<b>Cholesterol</b>	0mg
<b>Fat</b>	11g	<b>Sodium</b>	331mg
<b>Carbs</b>	41g	<b>Vitamin A</b>	13IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	7g	<b>Calcium</b>	111mg
<b>Protein</b>	2g	<b>Iron</b>	1mg

# 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!

## 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.

## 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)

## Nutrition

Amount per serving

Calories	280	Cholesterol	0mg
Fat	16g	Sodium	25mg
Carbs	25g	Vitamin A	2388IU
Fiber	5g	Vitamin C	1mg
Sugar	16g	Calcium	90mg
Protein	8g	Iron	2mg

# Chocolate Chip Pumpkin Oat Muffins

5 ingredients · 25 minutes · 12 servings



## Directions

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, combine the oats, pureed pumpkin, maple syrup and cinnamon. Gently fold in the chocolate chips until well combined.
3. Scoop the mixture into a muffin tray. Bake for 20 minutes or until cooked through.
4. Let cool before serving and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving equals one muffin.

### More Flavor

Add nutmeg, crushed nuts or dried fruit into the batter before baking.

### Additional Toppings

Nut butter, whipped coconut cream, vegan or nut-based cream cheese, or a dab of coconut oil.

## Ingredients

- 4 cups Oats (rolled)
- 4 cups Pureed Pumpkin
- 1/3 cup Maple Syrup
- 1 tbsp Cinnamon
- 1 cup Dark Chocolate Chips

## Nutrition

Amount per serving

<b>Calories</b>	278	Cholesterol	0mg
<b>Fat</b>	9g	Sodium	7mg
<b>Carbs</b>	43g	Vitamin A	12712IU
Fiber	5g	Vitamin C	3mg
Sugar	18g	Calcium	52mg
<b>Protein</b>	6g	Iron	3mg

# 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 tbsp Oat Milk (unsweetened, plain)
- 1/4 cup Hemp Seeds (for coating, optional)

## Nutrition

Amount per serving

Calories	81	Cholesterol	0mg
Fat	6g	Sodium	9mg
Carbs	4g	Vitamin A	957IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	16mg
Protein	4g	Iron	1mg

# Chocolate Pumpkin Energy Bars

7 ingredients · 45 minutes · 6 servings



## Directions

1. In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
2. Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
3. In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
4. Freeze for about 30 minutes and slice into bars. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

### Serving Size

One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

### No Pumpkin Seed Butter

Use tahini, sunflower seed butter, peanut butter, or almond butter instead.

## Ingredients

- 1/3 cup Pumpkin Seed Butter (melted)
- 3 tbsps Maple Syrup
- 1/2 tsp Ground Ginger
- 1/2 tsp Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 1 oz Dark Chocolate (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	218	<b>Cholesterol</b>	0mg
<b>Fat</b>	15g	<b>Sodium</b>	43mg
<b>Carbs</b>	15g	<b>Vitamin A</b>	4IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	7g	<b>Calcium</b>	21mg
<b>Protein</b>	7g	<b>Iron</b>	4mg

# Pumpkin Oat Energy Balls

6 ingredients · 10 minutes · 7 servings



## Directions

1. Add all of the ingredients except for the water to a food processor. Process until you get a smooth texture with a few chunks of dates and nuts. Add the water if necessary to help the mixture stick together.
2. Use a one inch cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
3. Store in the refrigerator for at least 30 minutes to set. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to one week.

### Serving Size

One serving is two energy balls.

### More Flavor

Add pumpkin spice.

### Additional Toppings

Roll the energy balls in chopped pecans or shredded coconut.

## Ingredients

**1/3 cup** Pureed Pumpkin

**2/3 cup** Cashews (raw)

**1/4 cup** Pitted Dates

**1/2 tsp** Cinnamon

**1/3 cup** Oats (rolled)

**2 tsps** Water

## Nutrition

Amount per serving

<b>Calories</b>	109	<b>Cholesterol</b>	0mg
<b>Fat</b>	6g	<b>Sodium</b>	3mg
<b>Carbs</b>	12g	<b>Vitamin A</b>	1817IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	4g	<b>Calcium</b>	15mg
<b>Protein</b>	3g	<b>Iron</b>	1mg

# Cranberry Pumpkin Muffins

9 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
2. In a medium bowl, add the oil, eggs, pumpkin, and sugar. Whisk well.
3. To the same bowl, add the almond flour, baking powder, sea salt, and cinnamon. Stir with a wooden spoon until combined. Gently fold in the cranberries.
4. Divide the batter evenly between the muffin cups. Bake for 30 to 35 minutes or until a toothpick inserted comes out clean. Enjoy!

## Notes

### Leftovers

Store in an airtight container for up to three days. Refrigerate for up to one week. Freeze for up to three months.

### Serving Size

One serving is one muffin.

### No Frozen Cranberries

Use fresh instead.

## Ingredients

- 2/3 cup** Extra Virgin Olive Oil
- 2** Egg (large)
- 2/3 cup** Pureed Pumpkin
- 1/4 cup** Coconut Sugar
- 1 1/2 cups** Almond Flour
- 2 tsps** Baking Powder
- 1/4 tsp** Sea Salt
- 1 tsp** Cinnamon
- 1 1/2 cups** Frozen Cranberries (coarsely chopped in the food processor)

## Nutrition

Amount per serving

<b>Calories</b>	438	<b>Cholesterol</b>	62mg
<b>Fat</b>	40g	<b>Sodium</b>	287mg
<b>Carbs</b>	18g	<b>Vitamin A</b>	4344IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	9g	<b>Calcium</b>	173mg
<b>Protein</b>	9g	<b>Iron</b>	2mg

# Air Fryer Pumpkin Breakfast Cookie

9 ingredients · 15 minutes · 2 servings



## Directions

1. Preheat the air fryer to 360°F (180°C).
2. In a medium-sized bowl, combine the oats, pumpkin, flour, coconut oil, peanut butter, maple syrup, baking powder, and salt. Mix well with a spoon and fold in the chocolate chips. Form the dough into a ball.
3. Line the air fryer with an air fryer parchment sheet. Place the cookie dough ball in the air fryer and use your hands to flatten it into a large circle about 1/2-inch (1.2 cm) thick. Bake for 10 minutes, until cooked through. Carefully remove and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving size is equal to half of a five-inch cookie.

### More Flavor

Add vanilla extract, pumpkin spice, or cinnamon.

### Nut-Free

Use sunflower seed butter or tahini.

### No Oat Flour

Use all purpose flour instead.

### Parchment Paper

Use a perforated air fryer parchment sheet. Depending on the type of air fryer used, it may stick and become hard to remove the cookie if a parchment sheet is not used.

## Ingredients

- 1/2 cup Oats
- 1/4 cup Pureed Pumpkin (blotted with paper towel to remove excess liquid)
- 2 tbsps Oat Flour
- 1 tbsp Coconut Oil (melted)
- 2 tps All Natural Peanut Butter
- 1 tbsp Maple Syrup
- 1/2 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1 tbsp Dark Chocolate Chips

## Nutrition

Amount per serving

Calories	282	Cholesterol	0mg
Fat	14g	Sodium	274mg
Carbs	33g	Vitamin A	4766IU
Fiber	4g	Vitamin C	1mg
Sugar	11g	Calcium	103mg
Protein	6g	Iron	2mg