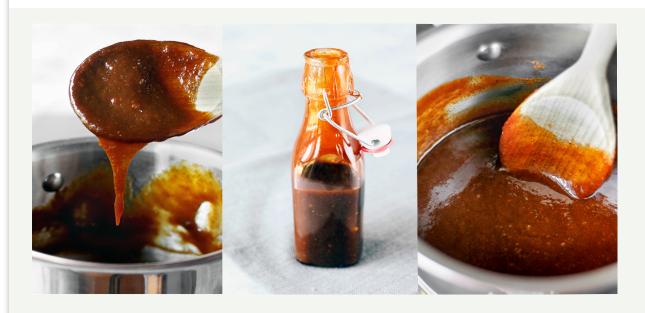




S A L T E D P U M P K I N S P I C E S Y R U P



prep time: 5 min cook time: 0 min



gluten free



dairy fre



YOU NEED:

- 1/2 cup coconut sugar
- scant 1/2 cup honey
- 1/3 cup pure pumpkin puree
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cloves
- 1/4 tsp fine sea salt
- 1/2 tsp pure vanilla extract

1. Whisk together all syrup ingredients in a medium pot over medium heat. Simmer for 3-5 minutes, stirring frequently, until smooth and slightly thickened (remove before it becomes the texture of almond butter). Remove from heat. Allow to cool. Serve and store as desired.



PUMPKIN SPICE CASHEW COFFEE

Simply Sissom



prep time: 5 min cook time: 0 min









egg free

YOU NEED:

- 1/4 cup unsalted roasted cashews
- 1/2 1 Medjool date, pitted and chopped (amount depends on sweetness desired)
- 1 tsp salted pumpkin spice syrup
- 12 oz. coffee (1 1/2 cups)

1. To the jar of a high speed blender, add cashews, date pieces, salted pumpkin spice syrup and coffee. Blend until smooth. Serve immediately.



Simply Sissom

C H U N K Y C H O C O L A T E P U M K I N M U F F I N S



prep time: 15 min cook time: 20 min

YOU NEED:

- 1 3/4 cups whole wheat flour
 2 tsp baking powder
 1 tsp pumpkin pie spice
 6 Tbs unsalted butter
 1 cup coconut sugar
 2 large eggs
 1 cup pumpkin puree
 1/3 cup salted pumpkin spice
 syrup
 1/2 tsp vanilla extract
 1/2- 3/4 cup dark chocolate
 chunks/chips
- 1. Heat oven to 350. Line a 12-cup muffin pan with liners.
- 2. In a medium bowl, whisk together the flour, baking powder and pumpkin pie spice.
- 3. In the bowl of a stand mixer fitted with the paddle attachment, or in a large mixing bowl, cream the butter and sugar until light and fluffy. Add the eggs one at a time, beating after each addition until combined. Mix in the pumpkin puree, salted pumpkin spice syrup and vanilla.
- 4. Stir in the dry ingredients, mixing until just combined. Do not over mix. Gently fold in chocolate chunks.
- 5. Spoon the batter into prepared muffin cups so they are 3/4 of the way full. Place the muffin tin in the oven. Bake for 18-22 mins., or until an inserted toothpick comes out clean.
- 6. Let the muffins cool 5 minutes. Transfer to a wire baking rack to finish cooling.



Simply Sissom

S P I C E D A P P L E P I E O A T M E A L



prep time: 10 min cook time: 20 min



gluten free





egg free

YOU NEED:

2 red apples
1 tsp honey or maple syrup
1 tsp orange juice
1 cup rolled oats, GF-for
gluten free eaters
1 cup water
1 cup milk of choice (almond
milk if dairy-free)
pinch of salt
2 Tbs salted pumpkin pie
syrup
1/4 cup pecans (optional)

- 1. Heat oven to 350 and line a rimmed baking sheet with parchment paper.
- 2. Toss apples with orange juice, cinnamon and honey (you can do this on the baking sheet). Toss to coat and spread into a single layer. Bake apples for 5 minutes, then use the parchment paper to create a "pocket" to trap in moisture. Cook 10-15 minutes more until soft. Set aside.
- 3. In a small pot over medium-high heat, add oats, salt, water and milk. Stir frequently. When it comes to a boil, reduce heat to medium-low and cook until thick and creamy. Add the salted pumpkin spice syrup. Stir until combined. Remove from heat. If mixture becomes to thick, add additional milk.
- 4. Arrange 1/2 of the oatmeal in each of 2 bowls. Top with baked apples and pecans (if desired).

