



best of

SALTED PUMPKIN SPICE SYRUP

3 FALL INSPIRED RECIPES THAT
ARE QUICK, SIMPLE AND
WHOLE FOOD FRIENDLY

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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 free



egg free

Y O U N E E D :

- 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.





prep time: 5 min
cook time: 0 min



gluten free



dairy free



egg free

Y O U N E E D :

- 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.





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.





prep time: 10 min
cook time: 20 min



gluten free



dairy free



egg free

Y O U N E E D :

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 too thick, add additional milk.

4 . Arrange 1/2 of the oatmeal in each of 2 bowls. Top with baked apples and pecans (if desired).

