



Fall Pumpkin Snack/Breakfast Recipes

Created by Holistic Nutrition Nut



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Pumpkin Recipes -
All Gluten & Dairy Free

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!

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

Calories	218	Protein	7g
Fat	15g	Cholesterol	0mg
Saturated	3g	Sodium	43mg
Trans	0g	Potassium	148mg
Polyunsaturated	7g	Vitamin A	4IU
Monounsaturated	5g	Vitamin C	0mg
Carbs	15g	Calcium	21mg
Fiber	2g	Iron	4mg
Sugar	7g		



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!

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

Calories	216	Protein	6g
Fat	12g	Cholesterol	0mg
Saturated	3g	Sodium	182mg
Trans	0g	Potassium	95mg
Polyunsaturated	3g	Vitamin A	3192IU
Monounsaturated	1g	Vitamin C	1mg
Carbs	24g	Calcium	78mg



Fiber	4g	Iron	2mg
Sugar	9g		

Pumpkin Energy Balls

5 ingredients · 25 minutes · 12 servings



Directions

1. In a blender or food processor add all ingredients and process until the mixture comes together.
2. Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

Ingredients

1/2 cup Coconut Butter (melted)

1/2 cup Pureed Pumpkin

1 tsp Pumpkin Pie Spice

1 1/2 tsps Monk Fruit Sweetener

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	74	Protein	1g
Fat	7g	Cholesterol	0mg
Saturated	6g	Sodium	28mg
Trans	0g	Potassium	22mg
Polyunsaturated	0g	Vitamin A	1589IU
Monounsaturated	0g	Vitamin C	0mg
Carbs	4g	Calcium	4mg
Fiber	2g	Iron	1mg
Sugar	1g		



Pumpkin Spice Chia Pudding

5 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the coconut yogurt and enjoy!

Ingredients

- 1/4 cup** Chia Seeds
- 3/4 cup** Unsweetened Almond Milk
- 1/4 cup** Pureed Pumpkin
- 1/2 tsp** Pumpkin Pie Spice
- 2 tbsps** Unsweetened Coconut Yogurt (divided)

Nutrition

Amount per serving

Calories	143	Protein	5g
Fat	9g	Cholesterol	0mg
Saturated	1g	Sodium	69mg
Trans	0g	Potassium	179mg
Polyunsaturated	6g	Vitamin A	4954IU
Monounsaturated	1g	Vitamin C	1mg
Carbs	14g	Calcium	365mg
Fiber	9g	Iron	3mg
Sugar	1g		

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!

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	Protein	8g
Fat	16g	Cholesterol	0mg
Saturated	8g	Sodium	25mg
Trans	0g	Potassium	192mg
Polyunsaturated	2g	Vitamin A	2388IU
Monounsaturated	5g	Vitamin C	1mg
Carbs	25g	Calcium	90mg
Fiber	5g	Iron	2mg
Sugar	16g		



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!

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	Protein	6g
Fat	22g	Cholesterol	16mg
Saturated	10g	Sodium	122mg
Trans	0g	Potassium	320mg
Polyunsaturated	3g	Vitamin A	7187IU
Monounsaturated	7g	Vitamin C	2mg
Carbs	18g	Calcium	78mg



Fiber	3g	Iron	2mg
Sugar	8g		

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!

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

Calories	204	Protein	5g
Fat	14g	Cholesterol	0mg
Saturated	7g	Sodium	194mg
Trans	0g	Potassium	117mg
Polyunsaturated	4g	Vitamin A	3234IU
Monounsaturated	1g	Vitamin C	1mg
Carbs	25g	Calcium	234mg
Fiber	8g	Iron	2mg
Sugar	1g		



Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Ingredients

- 2 cups** Unsweetened Almond Milk
- 1 cup** Pureed Pumpkin
- 2** Banana (frozen)
- 1 tsp** Vanilla Extract
- 1 tsp** Pumpkin Pie Spice
- 1/2 cup** Vanilla Protein Powder

Nutrition

Amount per serving

Calories	270	Protein	23g
Fat	4g	Cholesterol	4mg
Saturated	1g	Sodium	207mg
Trans	0g	Potassium	841mg
Polyunsaturated	1g	Vitamin A	19642IU
Monounsaturated	2g	Vitamin C	16mg
Carbs	40g	Calcium	609mg
Fiber	8g	Iron	3mg
Sugar	19g		



Pumpkin Spice Latte

6 ingredients · 10 minutes · 1 serving



Directions

1. Brew your coffee and set aside.
2. In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
3. Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
4. Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
5. Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Ingredients

- 1/2 cup Coffee
- 2 tbsps Pureed Pumpkin
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	120	Protein	1g
Fat	2g	Cholesterol	0mg
Saturated	0g	Sodium	129mg
Trans	0g	Potassium	220mg
Polyunsaturated	0g	Vitamin A	5143IU
Monounsaturated	1g	Vitamin C	1mg
Carbs	24g	Calcium	385mg
Fiber	2g	Iron	1mg
Sugar	19g		



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!

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

Calories	262	Protein	7g
Fat	11g	Cholesterol	23mg
Saturated	3g	Sodium	182mg
Trans	0g	Potassium	384mg
Polyunsaturated	5g	Vitamin A	4888IU
Monounsaturated	3g	Vitamin C	2mg
Carbs	37g	Calcium	93mg



Fiber	5g	Iron	2mg
Sugar	21g		

Pumpkin Pudding with Gelatin

8 ingredients · 3 hours · 3 servings



Directions

1. Add the almond milk to a small mixing bowl and whisk. Sprinkle the gelatin over top and set aside. Let it sit while you prepare the rest. (Do not mix.)
2. In a small pot over medium-low heat, add the coconut milk, pureed pumpkin, monk fruit sweetener and pumpkin pie spice and whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm.
3. Remove the coconut milk mix from the heat and slowly pour it into the mixing bowl with the gelatin, whisking while you pour.
4. Place a sieve over the top of your jars and use a large spoon to transfer the pudding mixture into the jars through the sieve. (The sieve will ensure there are no clumps of gelatin remaining.) Store the jars in the fridge for two hours to set.
5. Remove the jars from the fridge and top each with coconut whipped cream and pumpkin seeds. Enjoy!

Ingredients

- 1/4 cup** Unsweetened Almond Milk
- 1/4 oz** Gelatin
- 1 2/3 cups** Canned Coconut Milk (full fat)
- 1 cup** Pureed Pumpkin
- 3 tbsps** Monk Fruit Sweetener
- 1 tsp** Pumpkin Pie Spice
- 3 tbsps** Coconut Whipped Cream
- 1 tbsp** Pumpkin Seeds

Nutrition

Amount per serving

Calories	300	Protein	6g
Fat	26g	Cholesterol	0mg
Saturated	23g	Sodium	52mg
Trans	0g	Potassium	399mg
Polyunsaturated	1g	Vitamin A	1275IU
Monounsaturated	1g	Vitamin C	4mg
Carbs	24g	Calcium	69mg
Fiber	3g	Iron	2mg
Sugar	5g		



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!

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	Protein	6g
Fat	16g	Cholesterol	0mg
Saturated	5g	Sodium	52mg
Trans	0g	Potassium	194mg
Polyunsaturated	7g	Vitamin A	1061IU
Monounsaturated	3g	Vitamin C	1mg
Carbs	23g	Calcium	38mg
Fiber	4g	Iron	2mg
Sugar	6g		



Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Ingredients

2 cups Pureed Pumpkin
2 Egg
1/2 cup Maple Syrup
1 tbsp Pumpkin Pie Spice
1 tsp Vanilla Extract
3/4 tsp Baking Powder
1/2 tsp Sea Salt
1 cup Unsweetened Almond Milk
2 1/2 cups Oats (rolled or quick)
1/4 cup Ground Flax Seed
1/4 cup Pumpkin Seeds

Nutrition

Amount per serving

Calories	312	Protein	10g
Fat	9g	Cholesterol	62mg
Saturated	2g	Sodium	318mg
Trans	0g	Potassium	426mg
Polyunsaturated	3g	Vitamin A	12886IU
Monounsaturated	3g	Vitamin C	4mg
Carbs	50g	Calcium	199mg
Fiber	7g	Iron	4mg
Sugar	19g		

