



## Pumpkin Goodies

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Sunnybrae Therapeutics  
<https://sunnybraermt.com/>



## Pumpkin Spice Chia Pudding

2 servings  
30 minutes

### 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
Fat	9g
Carbs	14g
Fiber	9g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	69mg
Vitamin A	4954IU
Vitamin C	1mg
Calcium	365mg
Iron	3mg

### 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!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Almond Milk:** Use coconut, cashew, hemp or oat milk instead.

**Likes it Sweet:** Add a drizzle of maple syrup or honey on top.

**Additional Toppings:** Top with nuts, seeds, fruit of choice, additional coconut yogurt and pumpkin pie spice, and garnish with a cinnamon stick and star anise.

**More Protein:** Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



## Pumpkin Spice Smoothie

2 servings  
10 minutes

### Ingredients

- 1 1/2 cups Soy Milk
- 1 cup Pureed Pumpkin
- 1/4 cup Hemp Seeds
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon (plus more for garnish)
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	479
Fat	30g
Carbs	41g
Fiber	8g
Sugar	25g
Protein	19g
Cholesterol	0mg
Sodium	246mg
Vitamin A	19071IU
Vitamin C	5mg
Calcium	412mg
Iron	5mg

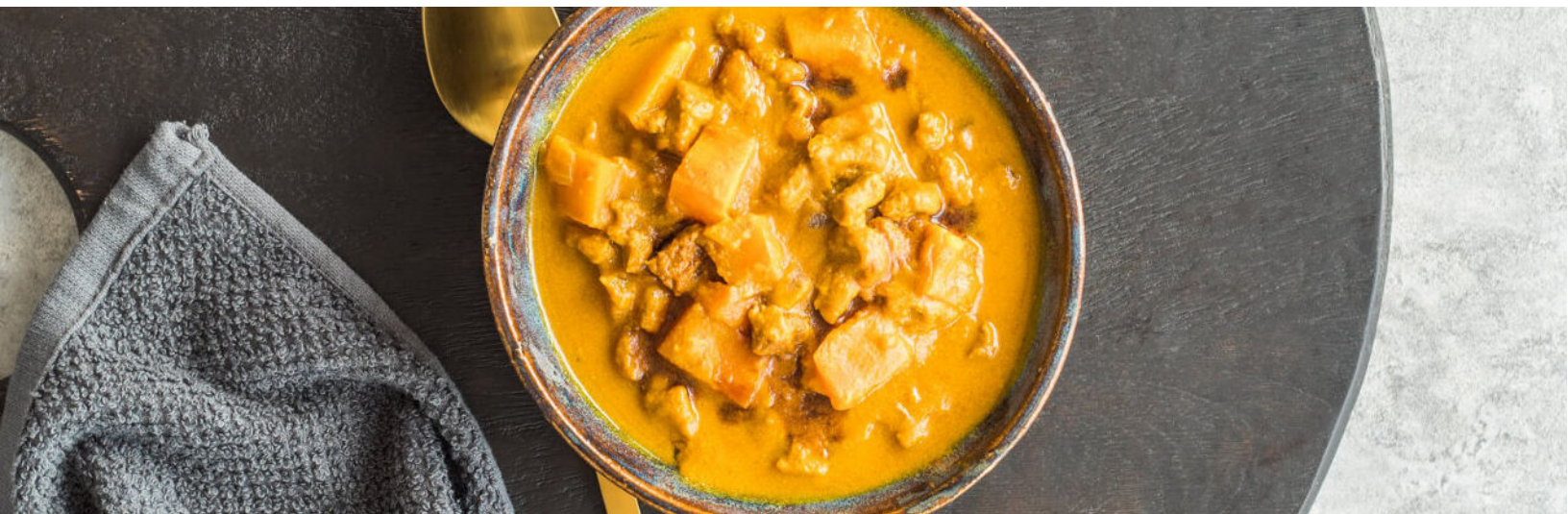
### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

### Notes

- Leftovers:** Best enjoyed immediately.
- Serving Size:** One serving is equal to approximately 1 1/2 cup.
- Nut Free:** Use pumpkin seed butter.
- More Protein:** Add collagen or protein powder.
- More Fiber:** Add frozen cauliflower, ground flax, and/or chia seeds.
- Soy-Free:** Use any other milk alternative.





## Pressure Cooker Beef Pumpkin Curry

6 servings  
40 minutes

### Ingredients

680 grams Stewing Beef (cubed)  
4 cups Butternut Squash (peeled, seeds removed, chopped)  
1 cup Red Onion (chopped)  
1 2/3 cups Pureed Pumpkin  
1 2/3 cups Canned Coconut Milk (full fat)  
1 cup Beef Broth  
1 tbsp Turmeric (ground)  
1 tbsp Ginger (fresh, minced)  
3 Garlic (clove, minced)  
1/4 cup Coconut Aminos

### Nutrition

Amount per serving	
Calories	360
Fat	18g
Carbs	24g
Fiber	5g
Sugar	8g
Protein	28g
Cholesterol	71mg
Sodium	377mg
Vitamin A	20520IU
Vitamin C	25mg
Calcium	93mg
Iron	5mg

### Directions

- 1 Place all the ingredients excepted the coconut aminos in the pressure cooker and stir.
- 2 Close the lid of the pressure cooker and set to "sealing". Press manual/pressure cooker and cook for 30 minutes on high pressure.
- 3 Once it is done, allow the pressure to release naturally for five minutes, and then release any remaining pressure manually. Remove the lid carefully.
- 4 Divide evenly between bowls and drizzle the coconut aminos on top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

**Serving Size:** One serving is approximately 1 1/3 cups.

**Serve it With:** Cauliflower rice or spaghetti squash.

**More Flavor:** Use bone broth instead of beef broth and add salt as needed. Use ground meat instead.

**Additional Toppings:** Fresh cilantro, green onions, and/or lime juice.



## Pumpkin Breakfast Cookies

8 servings  
45 minutes

### 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
Fat	11g
Carbs	37g
Fiber	5g
Sugar	21g
Protein	7g
Cholesterol	23mg
Sodium	182mg
Vitamin A	4888IU
Vitamin C	2mg
Calcium	93mg
Iron	2mg

### 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.





## Pumpkin Spice Granola

12 servings  
40 minutes

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

### 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.



## Pumpkin Oatmeal

1 serving  
10 minutes

### Ingredients

- 1 cup Water
- 1/2 cup Quick Oats
- 1/2 cup Pureed Pumpkin
- 2 tsps Maple Syrup
- 1/4 tsp Pumpkin Pie Spice
- 1 tbsp Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	276
Fat	7g
Carbs	47g
Fiber	8g
Sugar	13g
Protein	9g
Cholesterol	0mg
Sodium	16mg
Vitamin A	19067IU
Vitamin C	5mg
Calcium	97mg
Iron	4mg

### Directions

- 1 In a small pot, bring the water and oats to a boil.
- 2 Reduce the heat to a simmer, stir in the pumpkin and maple syrup, and cover. Cook for three to five minutes or until the oats have absorbed the water and the oatmeal thickens.
- 3 Top the oatmeal with pumpkin spice and pumpkin seeds. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate leftovers in an airtight container for up to two days.

**Serving Size:** One serving is approximately 1 1/2 cups of oatmeal.

**Additional Toppings:** Yogurt, hemp seeds, pear, and/or dried cranberries.



## Pumpkin Ricotta Dip

2 servings  
10 minutes

### Ingredients

- 1/2 cup Ricotta Cheese
- 1/3 cup Pureed Pumpkin
- 1/2 Lemon (medium, juiced)
- 1 1/2 tsps Maple Syrup
- 1 Garlic (clove)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	177
Fat	12g
Carbs	13g
Fiber	1g
Sugar	5g
Protein	6g
Cholesterol	30mg
Sodium	72mg
Vitamin A	6632IU
Vitamin C	7mg
Calcium	149mg
Iron	1mg

### Directions

- 1 Add the ricotta, puréed pumpkin, lemon juice, maple syrup, garlic, salt, and pepper to a blender. Blend until smooth and adjust the seasoning to your taste.
- 2 Transfer the mixture to a serving bowl. Drizzle with olive oil and garnish with pumpkin seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1/3 cup.

**More Flavor:** Add chili flakes.

**No Pumpkin Seeds:** Omit or use sesame seeds or sunflower seeds instead.