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8 GREAT CLEAN
PUMPKIN RECIPES
DAIRY AND GLUTEN-FREE



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An Ode to Pumpkin

Oh, pumpkin. How obsessed I get with you this time of the year! I love you in coffee and tea, muffins and pie, bars and pancakes, risotto and soup – and for your hearty little seeds, too. I just can't get enough. And the best part is, you're good for me!

You're rich in fiber.
You're low in calories.
You're super hydrating.
You're full of antioxidants like vitamin A and beta-carotene.
You help boost my immunity with your vitamin C packed-power.
You help make my skin look good.
You help me fight disease.
You help regulate my blood sugar.
You help me feel fuller longer.

You taste amazing in so many different ways, especially with cinnamon!
You make it easy to love you, because you're yummy.

Now, in your honor, I've created this recipe book – my 8 GREAT Clean Eating Pumpkin recipes to help everyone enjoy you to the fullest this season – and beyond. After all, why do we only have this little window to love on you like this?

Here's to pumpkin season year round. Enjoy in great health, with the ones you LOVE.

Chef Mareya, The Fit Foodie, founder of eatcleaner.com

A Pumpkin Primer

- Clean the outside of fresh, whole pumpkins with Eat Cleaner Fruit + Vegetable Wash. The minute you cut through, you could be contaminating the inside of the skin isn't washed properly.
- Sugar pumpkins, Cinderella pumpkins and Winter Luxury pumpkins make for some of the best flesh to use in all of these pumpkin recipes.
- Spoon out all the seeds and pulp and hold onto the seeds for roasting.
- Cut pumpkin into quarter and place on a baking sheet, skin side down, and roast for about 45 minutes, or until fork tender.
- If using pre-packaged pumpkin, opt for pure pumpkin puree vs. pumpkin pie filling, which is pre-seasoned and often has sugar added.
- If you can find it opt for the aseptic pumpkin – it tastes great! Second best choice is canned that is BPA-free.
- Spices that go well with pumpkin include nutmeg, cinnamon, vanilla, clove, curry, smoked paprika, cumin and sage.
- You can stock up on pureed pumpkin all year to add to your favorite sweet and savory recipes – it's not just for fall!

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Chai Pumpkin Oat Scones

Vegan/ Gluten-Free



Makes 10-12 scones

What a great way to start the day, with a little pumpkin scone and a lot of love. Maybe even start an afternoon tea tradition? Jolly good!

1 cup all purpose gluten-free flour
1/3 cup gluten-free quick cook oats
1 teaspoon baking powder
1 teaspoon pumpkin pie spice
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon all natural, no calorie sweetener like stevia or monk fruit extract
3/4 cup canned pumpkin
1/4 cup prepared chai tea (you can brew this or buy it prepared)
1/4 teaspoon pure vanilla extract
1/4 cup unsweetened apple sauce
2 tablespoons Earth Balance baking sticks, melted or coconut oil

Directions:

- 1) Preheat oven to 400 degrees.
- 2) Spray baking sheet with nonstick cooking spray or line with parchment paper (or use Silicone baking pad).
- 3) In a large bowl, combine dry ingredients, including flour, oatmeal, baking powder, baking soda, pumpkin pie spice, sweetener and salt.
- 4) Add the pumpkin, vanilla, chai tea and melted Earth Balance sticks or coconut oil into the flour mixture and mix thoroughly. You should have a soft dough consistency. Take care not to 'overwork' the dough as it will make for a tough scone. If it is too sticky, add a little more flour.
- 5) Form the dough into rounds or roll flat and cut into triangle wedges. Spray the surface of the dough very lightly with nonstick cooking spray.
- 6) Bake the scones about 20-25 minutes or until golden. Serve with a dab of pumpkin butter or Earth Balance spread.

Light as air Pumpkin Pie Squares

Vegan/ Gluten-Free



Makes 8 squares

The secret ingredient: Tofu!

Mmmmm...pie! You won't even believe there's no heavy dairy in here, and you definitely won't taste the tofu. The square cuts make them easy to transport and help with portion control.

Crust:

1/3 cup gluten-free rolled oats
8 lowfatgluten-free graham crackers
1 egg white

Filling:

18 ounces lite extra-firm organic tofu
2 cups canned or aseptic-packed pumpkin
1 cup nonfat vanilla coconut yogurt
2/3 cup Xylitol (or alternative natural sweetener)
1 teaspoon vanilla extract
2 tsp pumpkin pie spice

Directions:

1) Preheat oven to 350°

To make crust: In a food processor, combine graham crackers and oats and process to a fine crumb. Add egg whites until well incorporated. In a non-stick baking pan, press crumb into bottom and bake for about 8 minutes or until firm to the touch. Remove from oven.

2) To make filling:

Drain tofu, place in a food processor and process until smooth
Add remaining filling ingredients. Process until well-blended
Pour onto crust and bake for about an hour or until a toothpick comes out clean
Remove from oven and chill until firm. Cut into 2 1/2" squares and top with whipped topping (we love TruWhip or Coconut Whip) and a dusting of cinnamon.

Pumpkin N' Spice Fit Bite Truffles

Vegan/ Gluten-Free/ Raw



Makes about 16-20 ¾" 'truffles'

These little bites are a staple in my house – the kids love them and they're part of our Eat Cleaner Meal Prep Club plan. So much better than packaged bars, packed with protein, good fats and slow burning carbs and perfect for the morning, before and after workouts and as an after meal treat.

Ingredients:

- 1 1/2 cups old-fashioned, gluten-free oats
- 1 scoop non-whey protein powder
- 1 Tablespoon unsweetened cocoa powder
- 1 cup unsweetened canned or aseptic packed pumpkin
- 2 teaspoons pumpkin pie spice
- ½ cup 70% or more unsweetened cacao dark chocolate chips
- 1 tsp. pure vanilla extract
- 2 teaspoons organic stevia extract (liquid or powder)

Toppings To Roll 'Truffles' In:

- Crushed walnuts
- Slivered almonds
- Unsweetened shredded coconut
- Unsweetened cocoa powder
- Unsweetened rice crisps

Directions:

- 1) In a medium mixing bowl, combine all dry ingredients.
- 2) In a separate small bowl, combine pumpkin, stevia extract (if liquid – if powder or granulated, add to dry ingredients) and pure vanilla extract. Add to dry ingredients and mix thoroughly until well incorporated.
- 3) Freeze mixture for about 30 minutes. Roll into 1 1/2" balls, and press into desired toppings to create an even coated like in the picture above. Freeze extras in an air-tight container for grab-and-go snacks, clean desserts and pre/post workouts.

Chia Pumpkin Pie Parfaits with Banana Coconut Whip

Vegan swap/ Gluten-Free/ Raw/ Clean



Serves 2-4

These parfaits make themselves overnight, and are perfect for the morning but pretty enough for a sweet afternoon or dessert treat, especially when they're layered in a pretty parfait glass.

Parfait filling

- 1 Cup pumpkin puree
- $\frac{3}{4}$ Cup nonfat Greek yogurt (or coconut yogurt)
- 2 teaspoons chia seeds
- 2 teaspoons stevia liquid
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon pumpkin pie spice
- $\frac{1}{4}$ teaspoon pure vanilla extract

Banana Whip

- $\frac{1}{2}$ Cup canned coconut cream
- $\frac{1}{2}$ frozen banana (or $\frac{1}{2}$ fresh banana and $\frac{1}{2}$ cup ice)
- 2 teaspoons stevia (powder or liquid)
- $\frac{1}{2}$ teaspoon pure vanilla extract

Topping

- 2 tablespoons of your favorite low sugar granola
- Optional: Unsweetened coconut flakes

Directions:

- 1) In a bowl, mix together parfait ingredients; adjust spices as desired. Add chia seeds and mix in thoroughly. Layer into a mason jar and chill overnight.
- 2) In a blender, combine banana whip ingredients until light and fluffy
- 3) In a parfait glass or champagne flute, layer pumpkin mixture with banana whip on top and finish with a tablespoon of low sugar granola and option coconut flakes. Enjoy!

Pumpkin and Gingersnap Pancakes

Vegan swap/ Gluten-Free



Makes 8 small pancakes

Holy snap, this makes waking up fun! The combination of pumpkin and ginger is a match made in heaven. You can make the cakes a little thinner with added water or thicker, depending on your taste. The addition of protein powder keeps them macro balanced.

Ingredients:

1/2 cup canned or aseptic packaged pumpkin
4 egg whites (or vegan egg substitute)
1/2 tsp vanilla extract
1 cup unsweetened coconut or almond milk (add a little more if you like thinner pancakes)
1/4 cup gluten-free gingersnap cookies, crushed coarsely
1 Tbsp baking powder
1/2 tsp pumpkin pie spice
1 cup oat or coconut flour
2 scoops of your favorite low sugar vanilla protein powder
Non-stick cooking spray

Directions:

1. Preheat griddle or pan.
2. In a bowl, whisk together all wet ingredients. In a separate bowl, mix together all dry ingredients. Add wet to dry and whisk together until well blended.
3. Season griddle with non-stick cooking spray. Ladle pancake batter onto griddle and cook until batter starts to bubble. Flip and cook another minute. Repeat with the rest of the batter.
4. Top with low sugar pumpkin butter or your favorite low sugar syrup.

Pumpkin and Wild Mushroom Farrotto

Vegan swap/ Gluten-Free



Serves 4

Farro is an ancient grain and a slow burning carb that won't spike your blood sugar. I love it as a nutty alternative to rice, and the addition of fresh pumpkin and mushrooms with a hint of nutmeg is a major winner.

Ingredients:

- 1 tsp raw coconut oil or grapeseed oil
- 1 Cup fresh cooking pumpkin (if unavailable, use butternut squash), 1/4" cubes
- 1/4 teaspoon fresh nutmeg, grated
- 1 white onion, finely chopped
- 1 cup Farro (you may also use kamut or Arborio rice)
- 1/2 cup dry white wine
- 4 cups low sodium vegetable stock or broth, warm in a saucepan
- 6 tablespoons coarsely grated Parmigiano Reggiano cheese (or vegan cheese substitute)
- 1/2 Cup cremini or porcini mushrooms, washed with Eat Cleaner, finely chopped
- Sea salt and pepper to taste

Directions:

- 1) In a large skillet, sauté onion in oil, about 1 minute. Add chopped pumpkin and fresh nutmeg and cook over medium high heat until fork tender, about 8 minutes.
- 2) Add farro and sauté with mixture for another two minutes on high heat. Deglaze pan with white wine.
- 3) Reduce heat to medium and add one cup of broth at a time and stir through mixture until liquid is absorbed.
- 4) When you're adding the 3rd cup of broth, add the mushrooms and adjust seasonings.
- 5) At the end, turn heat off and add Parmigiano or non-dairy cheese alternative. Toss thoroughly together and serve hot.

Creamy Thai Coconut Pumpkin Soup

Vegan / Gluten-Free



Serves 4-6

This KISS (keep it super simple) worthy recipe is so easy to make and tastes so exotic and yummy that your family and friends will think you cooked all day! Serve as a starter (perfect for Thanksgiving!) or with a nice salad as a nourishing lunch.

Ingredients:

- 1 1/2 teaspoons coconut or grapeseed oil
- 2 Tbsp red onion, finely diced
- 1 clove fresh garlic
- 2 Tbsp yellow curry paste (find this prepared in the Asian specialties section of the store)
- 13.5 ounce can light coconut milk
- 3 Cups low sodium vegetable broth
- 30 oz. pumpkin puree (use the organic aseptic kind if you can find it)
- 1 small red chili seeded and finely chopped (be careful of the seeds and your eyes) You can also substitute 1/2 teaspoon dried red chili flake
- 1 Tbsp. fresh cilantro or parsley, chopped
- Sea salt to taste

Directions:

1. In a large saucepan, heat oil and sauté onion and garlic over medium low heat until translucent, taking care not to brown. Add chili.
2. Add the curry paste and sauté until fragrant, about 3 minutes. Add the broth and the pumpkin and whisk together until well incorporated and creamy.
3. Add the coconut milk and cook until mixture bubbles for a few minutes.
4. Remove from heat and garnish with a drizzle of coconut milk and fresh cilantro.

Toasted Cinnamon & Vanilla Pepitas (Shelled Pumpkin Seeds)

Vegan/ Gluten-Free



Makes 2 Cups

A great, nutrient-dense portable snack idea! So delish and crunchy, enjoy on their own or as a topping for salads or baked goods (like those pancakes above).

Ingredients:

- 2 cups raw pepitas
- 2 tsps raw coconut oil, room temp
- 1/4 tsp pure vanilla extract
- 2 tsp ground cinnamon
- 2 Tbsp. granulated stevia or your favorite all natural sugar substitute

Directions:

- 1) Preheat oven to 325F.
- 2) In a large skillet, dry roast pumpkin seeds over low heat until warmed and evenly browned, about 8 minutes. Take care not to burn them. Remove and place in a bowl.
- 3) Cream together coconut oil, vanilla, cinnamon and stevia. Toss pumpkin seeds with mixture and place on a non-stick baking sheet. Heat in oven for about 15 minutes. Seeds should be dried and fragrant. Remove and enjoy, best served warm. To reheat, place in a dry skillet and toast over low heat.