



T. COLIN CAMPBELL
Center for Nutrition Studies

Apple Pumpkin Pie Bake

By Evelisse Capó, PharmD

Why choose between apple or pumpkin pie when you can have both? This plant-based dessert is so healthy it can even be eaten for breakfast.

Gluten Free Nut Free Soy Free

All of our recipes are oil free and vegan.

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 8-10 servings

What You'll Need

- 1 Tbsp** ground flax seeds + **2 ½ Tbsp** water (flax egg)
- ½ cup** all-purpose gluten free flour (or oat flour)
- 1 ½ cup** quick cooking oats
- 1 Tbsp** baking powder
- 1 tsp** baking soda
- 2 Tbsp** pumpkin pie spice
- 1 Tbsp** cinnamon
- 4** medium granny smith apples
- ½ cup** date paste
- 1 cup** pumpkin puree
- 1 tsp** vanilla extract
- ¼ cup** water (optional)

How to Make It

- 1** Preheat the oven to 350 degrees F.
- 2** Mix the ground flax seeds with the water in a small bowl and set aside for 10 minutes.
- 3** Mix all the dry ingredients in a large bowl.
- 4** Thinly slice the apples and place them in a bowl.
- 5** Add the pumpkin puree, vanilla extract, flax egg, and date paste to the apples and mix well.
- 6** Combine the dry ingredients with the apples and mix well. Add water if mix is too dry.
- 7** Place the mixture in a 8 x 11 inch (2 qt) baking pan and bake for 30-35 minutes.

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Chocolate Pumpkin Brownies

By Sonia Ramos García

These chocolate pumpkin brownies are moist and delicious, gluten-free, nut-free and soy-free.

Nut Free Soy Free

All of our recipes are oil free and vegan.

Prep time: 20 minutes

Cook time: 35 minutes

Total time: 55 minutes

Yield: 12 small brownies

What You'll Need

DRY INGREDIENTS

- 1 ½ **cup**s rolled oats (ground into flour)
- ½ **cup** cacao powder
- ¼ **cup** unrefined brown sugar
- 1 **tsp** baking powder
- ½ **tsp** baking soda
- Pinch of salt

WET INGREDIENTS

- 1 **Tbsp** ground flax seeds + 3 Tbsp of water
- ½ **cup** non-dairy milk
- ½ **cup** pitted and chopped dates
- 1 **cup** cooked pumpkin
- ¼ **cup** molasses

How to Make It

- 1 Preheat oven to 350 degrees F (180°C).
- 2 Mix 1 Tbsp of ground flax seeds with 3 Tbsp of water and put it in the fridge.
- 3 In a large bowl, combine all the dry ingredients and set aside.
- 4 Add all wet ingredients (except the flax-water mixture) to a food processor and blend until smooth.
- 5 Add the wet ingredients to the larger bowl with the dry ingredients. Add the flax-water mixture too and stir until just combined. Do not over-mix.
- 6 Cover a 8x4in baking dish with parchment paper and pour the batter. Carefully, spread it evenly but do not press it tight.
- 7 Bake at 350 degrees F for 35 minutes.
- 8 Let it cool completely before slicing.

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Quick & Easy Plant-Based Curry

By Lucy Taylor

This chickpea and pumpkin curry checks all the boxes for a nutritious meal, plus it's yummy!

Gluten Free Low Sugar Nut Free

All of our recipes are **oil free and vegan**.

Prep time: 15 minutes

Cook time: 40 minutes

Total time: 55 minutes

Yield: 4 servings

What You'll Need

2 14 oz can diced tomatoes

2 14 oz can chickpeas or 1 pound firm tofu. For the tofu: dice into inch-sized cubes. For the chickpeas: drain and rinse in a colander.

2 heaped cups diced pumpkin

1 cup water

2 tsp garam masala or curry

1 tsp dried turmeric

$\frac{1}{2}$ yellow onion, diced

2 medium zucchinis, grated

1 small knob of ginger, peeled and finely sliced into thin matchsticks

Black pepper to taste

Optional: fresh red chili, thinly sliced (or dried red chili flakes)

Fresh cilantro leaves, washed and roughly chopped

Brown basmati rice to serve – allow about $\frac{1}{3}$ to $\frac{1}{2}$ cup uncooked rice per person

How to Make It

1 Start cooking the rice by whichever method you prefer, i.e. in rice cooker, saucepan etc.

2 Heat a large frying pan over medium heat and add 1 can of the tomatoes, the garam masala, turmeric, onion and ginger and stir with a wooden spoon for 5 minutes or so until fragrant.

3 Add the second can of tomatoes, 1 cup of water, the chickpeas or tofu, the diced pumpkin and bring to a boil, then reduce the heat to a lively simmer. Cook for 20-25 minutes until the pumpkin is soft and the sauce has reduced.

4 Turn off the heat, add the grated zucchini and stir it through. The zucchini will cook with the heat of the curry. Taste the curry and season with pepper to taste. You can also add a little more garam masala (1 tsp at a time) to taste.

5 Serve the curry with the brown basmati rice and garnish with cilantro leaves, and some fresh or dried red chilli. Enjoy.

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Roasted Pumpkin and Parsnip Soup

By Chef Katie Simmons

Nothing says fall quite like fresh pumpkin. Sweet parsnips and a touch of nutmeg round out the seasonal flavors, all roasted together for richness in this gluten-free and vegan soup.

Gluten Free Low Sugar Nut Free Soy Free

All of our recipes are *oil free and vegan*.

Total time: 1 hour 10 minutes

Yield: 6 servings

What You'll Need

1 baking pumpkin (2.5 – 3 lbs)

2 medium parsnips

½ tsp nutmeg

4 cups water

½ tsp salt (optional)

How to Make It

1 Preheat oven to 425 degrees F.

2 To roast the vegetables: Peel the parsnip and cut into ½-inch thick pieces. Cut the pumpkin in half along the equator. Use a big spoon to scoop out the seeds. You can roast the seeds and use as garnish on the soup.

3 Sprinkle the nutmeg inside the pumpkin halves.

4 Place the parsnip in a baking dish. Place the pumpkin, cut-side-down, over the parsnips. Add 2 cups of water to the baking dish. Roast at 425 degrees F for about 60 minutes.

5 The pumpkin is ready when it collapses and is soft enough to scoop out the flesh. Remove from the oven and let cool slightly.

6 When the pumpkin is cool enough to handle, use a large spoon to scoop out the flesh.

7 Place the pumpkin, parsnips, and any liquid from the pan into a blender. Add 1 ½ cups of water and the salt. Purée until smooth.

8 You might need to add another ½ cup or so of water to reach a smooth, pourable consistency. Make sure it is hot water, to keep your soup hot.

9 Garnish with parsley, pumpkin seeds, or chives and serve.

Cooking Tips

✓ You can use a variety fall squash in this recipe. Acorn, Celebration, and Kabocha would all taste great.

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Vegan Pumpkin French Toast

By Helyn Dunn

Sweet, spicy and full of pumpkin plant-based goodness this french toast recipe makes for a perfect autumn breakfast.

Nut Free Soy Free

All of our recipes are *oil free and vegan*.

Yield: 8-10 slices

What You'll Need

- 8-10 slices** whole grain bread
- ¾ cup** pumpkin puree
- 1½ cups** unsweetened non-dairy milk
- 1 Tbsp** maple syrup
- 1 Tbsp** flax meal
- 1 tsp** cinnamon
- ¼ tsp** nutmeg
- ¼ tsp** turmeric
- 1 pinch** of ground cloves

How to Make It

- 1** Whisk all the batter ingredients together.
- 2** Set a non-stick skillet over medium heat.
- 3** Dredge each slice of bread briefly in the batter. Don't let it soak! It will make the bread too soggy.
- 4** Cook until the bottom is golden brown. Flip and cook until the other side is also golden brown. If it looks like the inside is not cooking fast enough as the outsides are cooking, turn the heat down a bit.

Cooking Tips

- ✓ The type of bread you use will greatly affect the finished product. I recommend using a dense, whole grain bread such as Ezekiel. It must be strong enough to hold up to the batter, which is quite thick. Using a wimpy bread will result in mushy french toast.
- ✓ For a baked French toast option, preheat oven to 425 degrees F. Place the dredged slices of bread on a baking sheet lined with parchment paper and bake for 15 minutes. Flip and bake for another 15 minutes or until bread is toasted but not burned.
- ✓ Serve with whatever you like, pure maple syrup, jam, fruit, etc.

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