

5 HEALTHY

Pumpkin Recipes

plus special bonus recipe!

by Dr. Helene Pulnik ND



Pacific Coast Naturopathic Health
Dr. Helene Pulnik ND

DR. HELENE'S HEALTHY PUMPKIN MUFFINS

As you can see, I love everything pumpkin! Growing up in New England, pumpkin season was always my favorite time of the year. It's amazing how many delicious dishes you can make with pumpkin.

Pumpkin is a superfood! It's chock full of vitamins and antioxidants that are good for you.

Raw pumpkin has only 15 calories per 1/2 cup, and is full of iron, zinc, and fiber. It's high in vitamin C, antioxidants, and beta carotene. Pumpkins are also high in lutein and zeaxanthin, substances that may help prevent the formation of cataracts and reduce the risk of macular degeneration.

Here's my favorite Pumpkin Muffin recipe, enjoy!



TIPS:

Use organic ingredients wherever possible.

INGREDIENTS:

- ½ cup all-purpose flour (can substitute gluten free flour)
- ½ cup whole wheat flour (can substitute gluten free flour)
- ½ cup coconut sugar
- 1 teaspoon salt
- 1 teaspoon pumpkin pie spice
- ¾ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 ¼ cups pumpkin puree
- ½ cup milk (can substitute non-dairy milk)
- 2 eggs, beaten
- ¼ cup maple syrup
- ¾ cup gluten free old-fashioned rolled oats

INSTRUCTIONS:

1. Preheat the oven to 375 degrees F (190 degrees C). Spray 6 muffin cups with cooking spray.
2. Whisk all-purpose flour, whole wheat flour, sugar, salt, pumpkin pie spice, baking powder, baking soda, cinnamon, and nutmeg together in a large bowl until thoroughly combined. Stir pumpkin puree, milk, eggs, and maple syrup into flour mixture until batter is smooth; fold oats into batter. Scoop batter into prepared muffin cups, filling them to the top.
3. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 30 minutes; set aside to cool 5 to 10 minutes before serving.

QUICK & EASY PUMPKIN PROTEIN ENERGY BALLS

Fall flavors meet fitness energy! These bite-sized pumpkin protein energy balls are perfect as a grab-and-go snack, post-workout treat, or afternoon pick-me-up. They're no-bake (or minimal bake) and full of cozy pumpkin spice vibes.



INGREDIENTS:

- 1½ cups rolled oats
- ½ cup pumpkin puree
- ⅓ cup nut butter (almond or peanut)
- 2 tbsp maple syrup or honey
- 2 tbsp chia seeds
- ⅓ cup vanilla protein powder (or flavor of your choice)
- 1½ tsp pumpkin pie spice (or cinnamon + nutmeg)
- ¼ tsp sea salt
- Optional: mini dairy-free chocolate chips, dried cranberries, chopped nuts for texture & fun

INSTRUCTIONS:

1. In a mixing bowl, combine the oats, protein powder, pumpkin pie spice, salt, chia seeds.
2. Add pumpkin puree, nut butter, and maple syrup (or honey). Stir until well-combined.
3. If using optional mix-ins (choc chips, nuts, etc.), fold them in.
4. Let the mixture chill in the fridge about 10-15 minutes so it firms up (makes rolling easier).
5. Scoop / roll into approx 1-1½ tbsp sized balls. Place on a parchment-lined plate.
6. Refrigerate at least 15 minutes to set, then store in an airtight container (can last up to ~1 week in fridge; can freeze for longer)
7. Enjoy! Great for mid-day energy, snack boxes, or gym bag.

TIPS:

- Use certified gluten-free oats if needed.
- Adjust sweetness to your taste (maple syrup/honey)
- You can roll in shredded coconut, cocoa powder, or chopped seeds for variety.
- Make a double batch and freeze half for later.

YUMMY AUTUMN PUMPKIN SOUP

There's nothing quite like a warm bowl of pumpkin soup on a crisp autumn evening. This version is comforting, slightly spiced, and full of cozy vibes. Perfect as a starter or main with crusty bread.



INGREDIENTS:

- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 tbsp olive oil
- ~4 cups pumpkin puree (fresh-roasted or canned)
- 4 cups vegetable (or chicken) broth
- 1 cup coconut milk
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ¼ tsp nutmeg
- Salt + pepper to taste
- Optional garnishes: toasted pumpkin seeds (pepitas), drizzle of cream/coconut milk, fresh herbs (cilantro, parsley), crusty bread.

INSTRUCTIONS:

1. In a large pot over medium heat, warm the olive oil and sauté the onion until translucent (~5 minutes). Add garlic and cook ~1 minute more.
2. Add the pumpkin puree, broth, ginger, cinnamon, nutmeg, etc. Bring to a gentle boil, then reduce heat and simmer 20 minutes.
3. Using an immersion blender (or regular blender in batches), puree the soup until smooth and creamy.
4. Stir in the coconut milk, season with salt/pepper and adjust flavors as needed. Simmer a few more minutes.
5. Serve hot, garnished as desired.

TIPS:

- If pressed for time, canned pumpkin puree is totally fine.
- For richer flavor, roast fresh pumpkin chunks before pureeing.
- Leftovers freeze well.
- Pair with grilled cheese, salad, or hearty bread for a full autumn dinner.



HIGH PROTEIN PUMPKIN BREAD

Pumpkin bread gets a glow-up. This high-protein version gives you that warm, cozy seasonal bread flavor and extra staying power (hello, better breakfasts and snacks). Great for meal-prep too.

INGREDIENTS:

- 1 cup pumpkin puree
- 1/3 cup Greek yogurt (or non-fat yogurt)
- 2 eggs (or suitable substitute)
- 2 tbsp nut butter (optional)
- 1 1/2 cup oat flour (or another flour)
- 1/2 cup protein powder
- 2 tsp baking powder
- 1/4 tsp salt
- 1 1/2 tsp pumpkin pie spice (or cinnamon + nutmeg)
- Optional: dairy-free chocolate chips, chopped nuts, dried cranberries, etc.

INSTRUCTIONS:

1. Preheat the oven to ~ 350°F (≈175°C). Grease or line a loaf pan.
2. In a bowl, whisk together wet ingredients: pumpkin puree, Greek yogurt, eggs, nut butter (if using).
3. In another bowl, combine dry ingredients: oat flour, protein powder, baking powder, salt, pumpkin pie spice.
4. Stir the wet into the dry until just combined. Fold in any optional mix-ins (nuts, chips).
5. Pour batter into loaf pan and bake ~45-60 minutes (until a toothpick comes out clean). Baking time may vary depending on loaf size and oven.
6. Let cool slightly before slicing. Each slice packs a good-protein punch.
7. Store wrapped in fridge or freeze slices for later.

TIPS:

- Using oat flour keeps it more wholesome.
- Greek yogurt + protein powder combination = better protein density.
- You can prep two loaves: one to eat now, one to freeze.
- Great as breakfast toast, snack, or served with nut butter/honey.

Dr. Helene's

favorite

PUMPKIN PIE RECIPE



I grew up with home cooked food, my fondest memories are of my family gathered together for the Holidays, and everyone brought their favorite signature dish. I helped my mom bake many pumpkin pies during the Holidays, then delivered them to friends, neighbors, and family. I would love to share my favorite Pumpkin Pie recipe and Gluten Free Pie Crust version of this time-honored recipe. Enjoy!

1 UNCOOKED GLUTEN FREE PIE CRUST:

- available pre-made at Whole Foods, Trader Joe's and many local supermarkets) or scroll down for my favorite gluten-free pie crust recipe:

FOR THE PUMPKIN PIE FILLING:

- 2 eggs or vegan egg replacement
- 2 cups pumpkin (canned organic pumpkin or cooked and strained fresh organic pumpkin)
- $\frac{3}{4}$ -1 cup brown or coconut sugar
- 1 & $\frac{2}{3}$ cups organic whole milk or non-dairy milk
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon ground clove
- $\frac{1}{4}$ teaspoon nutmeg

INSTRUCTIONS:

1. Place eggs (or egg substitute), sugar and spices in a blender, blend until smooth.
2. Add milk, sugar and pumpkin, blend until smooth.
3. Pour into an uncooked gluten free pie crust.
4. Bake at 350 degrees for 45-60 min., or until a knife inserted into the middle comes out clean
5. Let cool on a rack.

GLUTEN FREE PIE CRUST

INGREDIENTS:

Recipe uses a 9 inch round, standard pie dish. Preheat oven to 350°F.

- 1 1/2 cup Almond Flour
- 1/8 teaspoon Baking Soda
- 1/4 teaspoon Salt
- 3 Tablespoons Butter (soft or melted) OR dairy-free alternative
- 2 Tablespoons clover Honey
- 1/2 cup chopped Walnuts (it's even better if you roast the walnuts first – bake at 350°F x 10-ish minutes till slightly golden and fragrant, then cool them)

INSTRUCTIONS

1. Mix the almond flour, baking soda and salt together till blended.
2. Mix the butter OR dairy-free alternative and honey into the flour mixture with a rubber spatula or wooden spoon, till a moist dough forms.
3. Mix the walnuts in.
4. Press into a round glass pie dish until evenly distributed.
5. The nuts will stick out above the level of the dough creating an uneven texture.

SPECIAL BONUS RECIPE

DIY PUMPKIN MASQUE



wickedly
delicious!

You can begin with a fresh pumpkin from the garden or farmer's market if you want. If time is an issue, a can of cooked pumpkin will work just as well.

Please make sure that it is NOT pumpkin pie filling. You need 100% pure pumpkin with no additives. Organic is always best to avoid pesticides and chemicals.

For this DIY face mask, you should use fresh cooked organic pumpkin for the most benefits for your skin.

You can use organic canned pumpkin if you absolutely don't have fresh, but you'll see more benefits from fresh.

But, please do not use pumpkin pie filling which is not the same thing. Pie filling is loaded with sugar and won't help your skin.

Dr. Helene's DIY Pumpkin Face Masque couldn't be simpler to make. Just mix all of the ingredients together and apply it to your face and neck.

****NOTE: DO NOT USE THIS MASQUE IF YOU ARE ALLERGIC TO ANY OF THE RECIPE INGREDIENTS.**

Give yourself some pampering with a DIY Pumpkin Face Masque, listen to relaxing music, and relax with a mug of herbal tea!

Pumpkin is chock full of vitamins and antioxidants that are good for your skin. Pumpkin increases the production of collagen, which further improves the tone and elasticity of skin, and helps fight damage to your skin as well as wrinkles.

It also has fruit enzymes that help naturally exfoliate dead skin cells.

What's not to love about pumpkin?

INGREDIENTS:

- 1/4 cup cooked, organic pumpkin puree (fresh cooked or unsweetened organic canned pumpkin)
- 1/2 teaspoon honey
- 1 tablespoon Greek yogurt
- 1 tablespoon rolled oats

DIRECTIONS:

1. Whisk all ingredients together in a small bowl until combined.
2. Use your fingers or a makeup brush to spread the face mask in an even layer all over your face (avoiding your eyes).
3. Wait for 5-10 minutes
4. Rinse face with warm water and pat dry with a towel.

That's all there is to it!

Why work with Dr. Helene Pulnik ND for weight loss and hormone balance?



I am a licensed Naturopathic Doctor and certified Functional Medicine Practitioner.

My focus is proactive, using a holistic approach to find and correct the root cause of health issues.

Naturopathic Medicine has a focus on holistic and proactive prevention using natural methods in combination with the rigors of modern science and evidence-based medicine.

Rather than trying to mask symptoms of a condition with pharmaceutical drugs, the goal of Naturopathic Medicine is to find the root cause, remove those barriers to health, and help facilitate the body's inherent ability to restore health and maintain optimal wellness.

Yours In Health,
Dr. Helene Pulnik ND

www.pcnaturopathichealth.com

Disclaimer:

This content is for informational and educational purposes only. It is not intended to provide medical advice or to take the place of such advice or treatment from a personal physician.

Nothing in this document is intended to prevent, diagnose, or treat any disease. There are no guaranteed results.

Copyright © 2024 Pacific Coast Naturopathic Health, All rights reserved.