


BREAKFAST • SNACKS • ENTRÉES • DESSERTS • BEVERAGES



the  
**PUMPKIN**  
**COOKBOOK**

**Top 50 Most Delicious Pumpkin Recipes**

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# The Pumpkin Cookbook

## *Top 50 Most Delicious Pumpkin Recipes*

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# Introduction

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Pumpkin is amazingly versatile, it can be savory or sweet, served early in the morning for breakfast or late at night as midnight snack, and its flavor can be subtle or rich. Pumpkins play a large part in many autumn and early winter traditions, and while they are greatly associated with these seasons, they can easily be enjoyed year round. With all the various ways that pumpkins are capable of being prepared, you will definitely find something new to try with these delicious recipes!

Pumpkins offer more than versatility and a comforting flavor, they provide a variety of nutritional benefits as well. Pumpkin is a great source of Vitamin A, it is high in fiber, and it is packed with antioxidants. All of these recipes contain real pumpkin, offering genuine flavor and these nutritional health benefits!

As you try these recipes, you will learn how to prepare pumpkin for breakfasts, snacks, entrées, desserts and beverages, and you will find some of the classic pumpkin dishes as well as some contemporary innovations. There are so many different things that we can do with pumpkin, and these recipes provide a wonderful variety to enjoy.

**[Check out the author page](#) for all of Julie Hatfield's recipe books.**

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# Pumpkin Breakfasts

# Maple Glazed Pumpkin Scones

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These delectable scones are light, with a pumpkin flavor that is not overpowering and a delightful maple glaze. They make for a comforting way to start your day at breakfast, or the perfect treat to pair with your tea or coffee anytime.

**Yields:** 8 to 10 scones

## Ingredients:

¼ cup Old Fashioned Oats  
1 ½ Cup Pastry Flour  
½ tbsp Baking Powder  
1 tbsp Brown Sugar  
¼ tsp Salt  
1 tsp Pumpkin Pie Spice  
1 stick cubed, cold Butter  
½ tsp Vanilla Extract  
¼ cup Milk (or Cream or Almond Milk)  
¼ cup Pumpkin Puree  
1 Egg

## To make the glaze:

1 or 2 tbsp Unsweetened Almond Milk  
½ cup Powdered Sugar  
½ tsp Maple Extract

## Method of Preparation:

1. Preheat oven to 400 degrees.
2. In a food processor, add the oats, brown sugar, flour, pumpkin pie spice, baking powder, and process until well combined. Then add the cold butter cubes and pulse.
3. Transfer this dry mixture to a large bowl. In a second bowl, add the pumpkin puree, eggs, milk and vanilla extract.
4. Add the wet ingredients from the second bowl to the large bowl and mix until all the ingredients are combined. Do not mix beyond this point, and add flour if you find the mixture is too sticky.
5. Flour a surface then transfer all of the mixture to it. Coat your hands in flour, then pat the mixture into a circle, 1-inch thick.
6. Line a baking sheet with parchment or a silicon mat.
7. Slice the circle into 8 equal sections and transfer to the baking sheet. Bake at 400 degrees for 22-24 minutes or until the scones begin to brown on the bottom. This can be a great time to prepare the glaze.
8. Remove the baking sheet from the oven and place the scones on a cooling rack. Allow the scones to cool for at least 5 minutes prior to adding the glaze.

## To make the glaze:

1. Combine ingredients in a small bowl and stir thoroughly.

2. Using a spoon, drizzle the glaze over the scones and serve them right away.

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# Pumpkin Pancakes

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Fluffy and light, these pumpkin pancakes make for a sweet, warm start to the day. The real pumpkin puree and sweet spices in these pancakes provide delectable flavor and beautiful color, these pancakes are a feast for the eyes and taste buds!

**Yields:** 6 Pancakes

## **Ingredients:**

1 ¼ cups All-Purpose Flour  
6 tbsp Pumpkin Puree  
1 cup Milk  
1 Egg  
2 tbsp Butter, melted  
2 tbsp Sugar  
2 tsp Baking Powder  
Pinch of Clove  
½ tsp Nutmeg  
½ tsp Cinnamon  
½ tsp Salt  
½ tsp Ginger

## Suggested Toppings

Butter to Taste  
Maple Syrup to Taste

## **Method of Preparation:**

1. In a large bowl, add the flour, sugar, spices, salt and baking powder and whisk together.
2. In a separate bowl, add the pumpkin, milk, melted butter and egg and whisk together. Once combined, pour this wet mixture into the large bowl of dry ingredients from the first step and fold the ingredient together. Combine thoroughly to reduce any lumps.
3. Grease a skillet and place on stove top over medium heat. Carefully pour the pancake batter into the center of the skillet, pour about ¼ cup of batter per pancake.
4. Allow the bottom of the pancake to cook and then flip to cook the other side. This will vary, but will take approximately 3 minutes per side.
5. Once both sides of a pancake are cooked, transfer it to a plate and serve with your favorite toppings, like warm butter and maple syrup.

# Pumpkin Spice Crepes with Chocolate Hazelnut Filling

Treat yourself to the pleasure of warm pumpkin spice crepes with sweet, smooth chocolate hazelnut filling. This flavor combination may have you feeling like a gourmet pastry chef, and these crepes are actually quite quick to prepare, as they require less than 20 minutes from start to finish.

**Yields:** 15-18 Crepes

## **Ingredients:**

¾ cup Pumpkin Puree  
1 cup Milk  
2 cups Flour  
2 Eggs  
¾ cup Water  
2 tbsp Butter, melted  
½ cup brown sugar, packed  
1 ½ tsp Vanilla  
½ tsp Salt  
1 tsp ground Cinnamon  
¼ tsp ground Cloves  
¼ tsp ground Nutmeg  
¼ tsp ground Ginger

## Topping and Filling:

Powdered Sugar  
Nutella or other Chocolate Hazelnut Spread

## **Method of Preparation:**

1. Add eggs to large bowl and beat lightly. Whisk in pumpkin puree, milk, water and butter until combined.
2. Whisk in all of the remaining crepe ingredients and beat until the batter is smooth.
3. Place a non-stick skillet over medium-high heat.
4. Use a ¼ cup measuring cup to scoop up crepe batter, then pour batter into the center of the pan. Tilt pan so that the batter spreads to evenly coat the pan in a circle shape. Cook until the crepe begins to brown lightly, roughly 1 minute. Then flip the crepe, and ensure the crepe cooks all the way through. This takes less time than the first side, about 30 seconds.
5. For filling, lay a crepe out flat and spread the desired amount of chocolate hazelnut spread down the center, then fold up the sides. For additional chocolate hazelnut flavor, briefly heat some of the spread in a microwave-safe dish and drizzle over the crepes with a spoon.
6. Lightly dust the tops of completed crepes with powdered sugar and serve.

# Pumpkin French Toast

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How does one improve upon a breakfast favorite like French toast? This unique variation of the morning classic adds real pumpkin puree and a simple medley of spices to the custard to create an irresistible morning treat!

**Yields:** About 9 Slices

## **Ingredients:**

¾ cup Milk  
½ cup Pumpkin Puree  
4 Eggs  
2 tbsp Light Brown Sugar, packed  
1 tsp Vanilla Extract  
1 tsp ground Cinnamon  
¼ tsp ground Nutmeg  
¼ tsp ground Ginger  
9 slices of Bread, Texas Toast suggested  
Butter, for greasing the skillet

## Suggested Toppings

Syrup to Taste  
Powdered Sugar to Taste

## **Method of Preparation:**

1. Add the pumpkin puree, milk, eggs, light brown sugar, vanilla and spices to a mixing bowl and whisk together. Combine completely, eliminating any clumps.
2. Place a skillet over medium heat.
3. Pour mixture into a shallow container, such as a pie pan. Lay a slice of bread into the container, allowing it to soak for several seconds, press if necessary to ensure it absorbs. Flip the slice over and allow the opposite side to soak.
4. Grease the skillet with a small amount of butter, and move the soaked slice of bread to the skillet. Once the bread is golden brown on the bottom, flip it and allow the opposite side to cook.
5. Repeat with each slice of bread, butter the skillet between cooking each slice.
6. Serve warm with drizzled syrup and a light dusting of powdered sugar.

# Purely Pumpkin Muffins

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Moist muffins with flavors of pure pumpkin and spice. These muffins are completely delicious on their own, and also make a terrific base for flavor variations as they can easily be topped with chocolate chips, pecans or pumpkin seeds.

**Yields:** 12 Muffins

## **Ingredients:**

1  $\frac{3}{4}$  cups All-Purpose Flour  
1 15-oz can Pumpkin Puree  
1 cup sugar  
2 eggs  
 $\frac{1}{2}$  cup dark brown sugar  
 $\frac{1}{2}$  cup coconut oil  
1 tsp vanilla extract  
1 tsp baking soda  
 $\frac{1}{4}$  tsp ground cloves  
2 tsp cinnamon  
 $\frac{1}{4}$  tsp nutmeg  
 $\frac{1}{2}$  tsp salt

## Optional Toppings:

Chocolate Chips, Pecans or Pumpkin Seeds

## **Method of Preparation:**

1. Preheat oven to 375 degrees.
2. Add liners to 12 cups in a standard-sized muffin pan.
3. In a medium bowl, whisk together flour, salt, sugar, brown sugar, baking soda and spices.
4. In separate bowl, add the pumpkin puree, coconut oil, eggs and vanilla extract and then whisk.
5. Combine the ingredients of both bowls by pouring the wet ingredients into the bowl with the dry ingredients. Mix until evenly combined, do not over mix.
6. Pour batter into the muffin cups. They should be quite full, allowing for nice big muffin tops. If you would like to add a topping, like chocolate chips, add them now.
7. Bake at 375 degrees for 20-22 minutes. When a toothpick is inserted into a muffin, it should come out clean.

# Spiced Pumpkin Overnight Oats

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A jar full of hearty oats and spiced pumpkin flavor, these tasty overnight oats are nutritious and require no cooking. Quick and simple to prepare, just mix ingredients together the night before and have a wonderful breakfast waiting for you in the morning.

**Yields:** 1 Serving

## **Ingredients:**

½ cup Rolled Oats or Old Fashioned Oats

2 tbsp Pumpkin Puree

¼ tsp Pumpkin Pie Spice

½ cup Unsweetened Coconut Milk

2 tsp Pure Maple Syrup

¼ tsp Vanilla Extract

1 tsp ground Flaxseed

## Optional Topping:

1 tbsp chopped Walnuts, or Nut of choice

## **Method of Preparation:**

1. Combine rolled oats, pumpkin puree, pumpkin pie spice, coconut milk, vanilla extract, flaxseed, and maple syrup in a pint-sized mason jar and mix thoroughly.
2. Put the lid on to the jar, or cover with plastic wrap or foil.
3. Store in refrigerator overnight, or for 8 hours.
4. Remove from refrigerator. Take the lid off and stir, add coconut milk for desired consistency and top with your choice of nuts.

# Golden Pumpkin Biscuits

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Scrumptious warm biscuits with an irresistible texture and a beautifully golden color from the real pumpkin. After topping these oven-fresh biscuits with butter, a drizzle of honey really pushes these tasty biscuits to another level

**Yields:** 8 Biscuits

## Ingredients:

1  $\frac{3}{4}$  cups All-Purpose Flour  
 $\frac{3}{4}$  cup Pumpkin Puree  
 $\frac{1}{3}$  cup Buttermilk  
 $\frac{1}{4}$  cup packed Brown Sugar  
2  $\frac{1}{2}$  tsp Baking Powder  
 $\frac{1}{2}$  tsp Salt  
 $\frac{1}{4}$  tsp Baking Soda  
 $\frac{1}{2}$  cup (1 stick) Butter + 1 tbsp Butter, divided  
Honey to taste, optional

## Method of Preparation:

1. Preheat oven to 425 degrees. Spray non-stick spray onto a baking sheet, or use a silicone mat.
2. Add the brown sugar, flour, baking powder, baking soda and salt to a large bowl and whisk together. Add the  $\frac{1}{2}$  cup of butter, cutting it in until the mixture looks like crumbs.
3. In a separate bowl, add the pumpkin and buttermilk and stir together. Pour this mixture into the first bowl with the flour mixture and stir until everything is moistened. Do not overmix.
4. Flour a working surface and lay the dough on it, kneading the dough 8 to 10 times. Add small amounts of flour as needed.
5. Roll out evenly until the dough is 1 inch thick. Flour a biscuit cutter, one that is approximately 2 inches, and cut out biscuits from the dough. Place on the prepared baking sheet, about 1 inch apart.
6. Place in the oven and bake at 425 degrees for 18 to 22 minutes, or until biscuits become golden brown.
7. Remove from oven. Melt the remaining 1 tbsp of butter and brush it along the biscuit tops. Serve with honey.

# Pumpkin and Granola Parfait

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A delectable pumpkin parfait that you can start every day with. Made with the simple ingredients of vanilla yogurt, real pumpkin, granola and just the right amount of pumpkin pie spice, this is a start to your day that tastes just lovely and won't weigh you down.

**Yields:** 1 Parfait

## **Ingredients:**

1 cup Vanilla Yogurt

¼ Pumpkin Puree

¼ tsp Pumpkin Pie Spice

½ to ⅔ cup Granola

## **Method of Preparation:**

1. In a small bowl, thoroughly combine the yogurt and pumpkin pie spice.
2. Transfer half of this yogurt mixture into the parfait dish and top with a layer of granola. Repeat with all the remaining yogurt and granola for a pumpkin spice parfait with a layer of granola in the middle, and granola on top.

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# Pumpkin Snacks



# Baked Pumpkin Fries

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Fun, festive fries that require no frying! These baked pumpkin fries are a healthy alternative to many other options, with simple ingredients that bring flavorful seasoning without deep frying. They may be likened to sweet potato fries.

**Yields:** 8 Servings

## Ingredients:

2 Pie Pumpkins  
1 tbsp Olive Oil  
2 tsp Curry Powder  
2 tsp Garlic Powder  
1 tsp Onion Powder  
¼ tsp Cayenne Pepper

## Method of Preparation:

1. Preheat oven to 350 degrees.
2. Wash the pumpkins then cut them in half, vertically, and remove all the seeds.
3. With a potato peeler, remove the skins.
4. With a sharp knife, cut the pumpkin in to slices about ¼ to ½ inch wide.
5. Add the pumpkin slices, olive oil, and spices into a large bowl and toss until the fries are evenly coated with spice. To adjust how spicy the fries are, increase or decrease the amount of cayenne pepper.
6. Place parchment on to a baking sheet, then arrange the pumpkin slices as a single layer, ensuring they do not overlap.
7. Bake the pumpkin fries for 30 minutes at 350 degrees. When done, the baked fries should be soft.

# 3-Step Pumpkin Hummus

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The perfect pumpkin fix for snacks throughout your day, or appetizer when entertaining. This savory hummus pairs wonderfully with pita bread, vegetables and crackers, just dip and enjoy this nutritious Mediterranean spread.

**Yields:** 1 ½ cups of Hummus

## Ingredients:

1 cup Pumpkin Puree  
1 15-oz can Garbanzo Beans  
2 ½ tbsp fresh Lemon Juice, or the juice of one large Lemon  
1 tbsp Extra-Virgin Olive Oil  
2 tbsp Tahini  
2 garlic Cloves  
1 tsp Kosher Salt  
1 tsp ground Cumin  
½ tsp Paprika  
Handful of Pumpkin Seeds, for garnish

## Method of Preparation:

1. Open can of garbanzo beans, then drain and rinse the beans.
2. Place all the ingredients, except the pumpkin seeds, into a blender or food processor and blend until the mixture reaches the desired consistency.
3. Transfer hummus to a small bowl, top with pumpkin seeds if desired then serve with your favorite snacks to dip, such as pita, vegetables and crackers.

# Apple and Pumpkin Spice Fruit Leather

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A flavorful fruit leather that's simple to pack and carry with you for a little taste of autumn harvest throughout the day. Roll them up and pack with a lunch while on the go, or keep them handy for snacking around the home.

Yields: 12 Servings

## Ingredients:

2 cups Pumpkin Puree  
1 cup unsweetened Applesauce  
¼ cup pure Maple Syrup  
1 tsp Pumpkin Pie Spice

## Method of Preparation:

1. Add all ingredients into a bowl and mix thoroughly.
2. Preheat oven to 200 degrees.
3. Line 2 baking sheets with parchment paper, or silicone mats.
4. Divide the mixture evenly to the two baking sheets.
5. Using a rubber spatula or the back of a large spoon, spread the mixture evenly. Do not spread it too thin, the baking sheet should not be visible through the mix.
6. Put the baking sheets into the lower part of the oven (if possible) and bake for 3-4 hours. Due to how thin this leather is, baking times vary drastically based on the oven, so watch closely after the third hour to avoid overcooking.
7. Examine if the leather is ready, it will be dry to the touch. Areas where the leather is thicker may still be wet, this is perfectly fine.
8. Allow the apple and pumpkin spice fruit leather to cool completely before slicing into strips.
9. Enjoy or place into an airtight container.

# Oven Baked Pumpkin Chips

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Crispy, mouth-watering pumpkin chips baked right in your own oven! With simple ingredients, fresh pumpkin and no deep frying, you don't have to worry or wonder about what is in these satisfying pumpkin chips.

**Yields:** 4 to 6 Servings

## **Ingredients:**

1 Pumpkin  
3 tbsp Olive Oil  
½ tbsp Coriander  
1 tbsp Cumin  
Sea Salt to Taste

## **Method of Preparation:**

1. Wash the pumpkin, clean out the pulp and seeds from inside, and slice the pumpkin into sections that are easy to manage. Use a knife or potato peeler to remove the skin.
2. Slice the chunks of pumpkin into thin slices with a mandolin slicer.
3. Preheat oven to 300 degrees.
4. In large bowl, add the pumpkin slices, olive oil, coriander and cumin. Toss ingredients to evenly coat the slices in oil and spices.
5. Line a baking sheet with parchment paper, then lay the slices in a single layer on it, making an effort not to overlap the slices. Sprinkle with sea salt.
6. Place in oven and bake for 15-20 minutes total, use tongs to flip the chips over after the first 7 or 10 minutes. Chips will be crispy when they are done, do not overbake.

# Sweet Cinnamon Pumpkin Popcorn

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A sweet popcorn with a cinnamon pumpkin glaze, it makes for a terrific treat to enjoy while watching movies, football or a fire in the fireplace. If you are looking for a homemade gift to give, this popcorn can be poured into a plastic bag and tied with a ribbon for a sweet gift.

**Yields:** About 8 Cups

## **Ingredients:**

8 to 10 cups plain Popped Popcorn  
1 tbsp Pumpkin Puree  
2 tbsp melted Butter or Coconut Oil  
2 tbsp Honey or Maple Syrup  
½ tsp Salt  
¼ tsp Cinnamon

## **Method of Preparation:**

1. Preheat oven to 325 degrees.
2. Add all ingredients except the popcorn into a saucepan and mix over medium heat. Let cook for 1-2 minutes, while stirring to ensure the mixture is completely combined.
3. Add popcorn to a roasting pan or large casserole dish. Carefully pour the sauce mixture over the popcorn evenly, then mix until the sauce is completely dispersed and popcorn is evenly coated.
4. Place the pan in the oven and bake at 325 degrees for 6-8 minutes, gently toss the popcorn with a large spoon every couple of minutes to ensure even baking.
5. Remove from the oven and allow to cool. If baked long enough, the popcorn glaze will harden as it cools. Once cool, the popcorn is ready to serve. Additional butter and cinnamon may be added if desired.

# Pecan Pumpkin Granola

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A crunchy pumpkin granola that you will want to eat by the handful! Healthy with a pumpkin flavor and a sweetness that doesn't overpower, this is a snack you can enjoy throughout the day, or with milk as a morning cereal.

**Yields:** 18 Servings

## Ingredients:

3 cups Rolled Oats  
1/3 cup Pumpkin Puree  
1 1/4 cups raw Pecans  
1/3 cup raw Pumpkin Seeds (Pepitas)  
3/4 tsp Pumpkin Pie Spice  
3 tbsp Sugar  
1/3 cup Maple Syrup or Honey  
1/4 cup Olive Oil or Coconut Oil  
1/4 tsp Sea Salt

## Method of Preparation:

1. In a large bowl add the oats, sugar, spices, salt, seeds, and nuts and then mix together, combining the mixture thoroughly.
2. Preheat oven to 340 degrees.
3. Add pumpkin puree, your choice of oil and maple syrup (or honey) to a saucepan and warm over medium-low heat, while whisking together.
4. Pour this warmed liquid over the dry ingredients in the large bowl and then quickly mix together while the liquid is still warm.
5. There will be enough granola for 2 baking sheets, you can bake both at once or bake 1 baking sheet at a time. Put half the mixture on each baking sheet and spread evenly.
6. Place in oven bake at 340 degrees for 23-33 minutes, Stir the granola with a large spoon after about the first 10 minutes to ensure it bakes evenly. The granola is done when it becomes gold brown, for many ovens this is around 25 minutes.
7. Remove the baking sheet from the oven and allow the granola to cool entirely.
8. Serve and enjoy, or keep in an airtight container.

# Maple Pumpkin Soft Graham Crackers

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A wonderful combination of real pumpkin and maple flavors and tan irresistible chewy-soft texture, these graham crackers are a pleasure. These are a wholesome treat at any age, as they are made with whole wheat flour and sweetened with maple syrup.

**Yields:** 6 Servings

## Ingredients:

2½ cups of Whole Wheat Flour  
1 tsp Baking Soda  
½ tsp Salt  
1 tsp Pumpkin Pie Spice  
½ cup (one stick) unsalted Butter, chilled and cubed  
½ cup of Maple Syrup  
¾ cup of Pumpkin Puree  
1 tbsp Vanilla

## Method of Preparation:

1. In a large bowl, sift together the flour, pumpkin pie spice, salt and baking soda.
2. Add the butter, using a fork to cut it in to the mixture until it is uniformly crumbly.
3. Add the pumpkin, vanilla and maple syrup and mix well. If the dough is too sticky, knead in additional flour.
4. Take the dough in your hands and roll it into a ball and cover with plastic wrap. Place in the refrigerator and let chill for 30 minutes.
5. Preheat oven to 350 degrees.
6. Line baking sheet parchment paper or silicone mat. Lightly flour a working surface.
7. Remove the chilled dough from the refrigerator and roll it out to a thickness of ¼ - 1/2 inch.
8. Slice the rolled out dough into square with roughly 1½ inch side and poke 4 to 6 small holes in each cracker with a skewer.
9. Place in oven and bake for 16 to 18 minutes, or until the crackers begin to brown lightly.
10. Remove and let cool. Serve or store in an airtight container.

# Pumpkin Spice Cream Cheese Dip

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A sweet pumpkin cream cheese dip, creamy in texture and perfectly spiced with cinnamon, ginger and nutmeg. Pairs fantastically with dried or fresh slices of apple, graham crackers and ginger snap cookies for a fun snack, appetizer or even dessert!

**Yields:** 16 Servings

## **Ingredients:**

8 oz Whipped Cream or Whipped Cream Topping from a tub

3 oz Cream Cheese, softened

1 ½ cups Pumpkin Puree

½ tsp Cinnamon

½ cup Powdered Sugar

⅛ tsp Ginger

⅛ tsp Nutmeg

## **Method of Preparation:**

1. Beat the softened cream cheese together with the powdered sugar until smooth. Then add the pumpkin puree and spices. Finally, fold in the whipped cream and continue folding until the mixture becomes creamy in texture.
2. Transport to a clean bowl if desired and serve with your favorite things to dip, such as graham crackers, ginger snap cookies, and apple slices.



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