



IT'S PUMPKIN SPICE
TIME



MY WELL BALANCED LIFE

Hi Friends!

You guys, I've been #basic for longer than pumpkin spice was even a thing. If I were a Spice Girl, I would be Pumpkin Spice. This is my JAM, you guys. (Wait. Is there such thing as pumpkin spice jam???)

There is no question that pumpkin spice season is upon us. You can't go anywhere without seeing a pumpkin spice version of your favorite foods.

And while the PS craze may have gotten a little out of hand (pumpkin spice communion, anyone?), you can't deny the goodness of this fall flavor.

So here are a few of my favorite pumpkin recipes from my website, and of course they are all healthier versions of the traditional favorites. Paleo, gluten free, dairy free, refined sugar free --you'll find all of that in this little ebook. And I promise they're all incredibly tasty and full of flavor.

In fact, that Paleo Pumpkin Loaf is my most popular recipe!

Whether it's a brand new recipe or giving a healthy spin to an old favorite, I hope you find something you love.

Being basic never tasted so good.

Amanda



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THE RECIPES



Paleo Pumpkin Loaf

Gluten Free Pumpkin Spice Oatmeal

Paleo Pumpkin Cake with Maple Glaze Icing

Paleo Pumpkin Soup with Spicy Roasted Pepitas

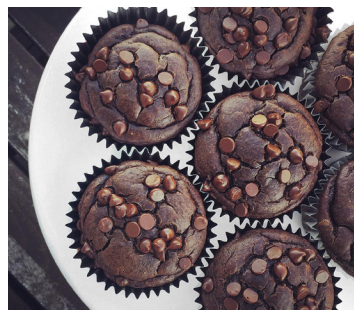
Paleo Pumpkin Pie

Paleo Chocolate Pumpkin Muffins

Gluten Free Pumpkin Spice Cookies

Grain Free Paleo Pumpkin Spice Granola

Paleo Pumpkin Spice Waffles



PALEO PUMPKIN LOAF



INGREDIENTS

- 1 cup cashew or almond butter
- 1/2 cup canned pumpkin
- 2 eggs
- 2 tablespoons pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1/3 cup maple syrup
- 1/4 cup full fat coconut milk

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Put all ingredients in a bowl and mix until batter is smooth.
3. Definitely lick the batter off the spoon because OMGeeeeee. So yummy.
4. Pour into well greased loaf pan or muffin cups. (I always use melted coconut oil!)
5. Bake loaf for 40-50 minutes and muffins for 25ish minutes, or until toothpick comes out clean.
6. Let cool completely before removing from pan.
7. Eat your pumpkin spice heart out!

GLUTEN FREE PUMPKIN SPICE OATMEAL



INGREDIENTS

- 2 cups gluten free oats
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1 tablespoon pumpkin pie spice
- 1 cup chopped apple (in tiny cubes)
- 1 1/4 cup full fat coconut milk
- 1 cup organic pumpkin
- 1/4 cup maple syrup
- 1 egg
- 1/2 tsp vanilla

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix together the dry ingredients: oats, baking powder, salt, and pumpkin pie spice.
3. Fold in chopped apples.
4. In separate bowl (I like to use a measuring cup), mix the wet ingredients: coconut milk, pumpkin, maple syrup, and vanilla.
5. Stir wet ingredients into dry ingredients. Pour into a 2 quart baking dish.
6. Bake at 350 for 25-30 minutes.
7. Serve with a drizzle of maple syrup. Trust me on this.

PALEO PUMPKIN CAKE WITH MAPLE GLAZE ICING



INGREDIENTS

For the pumpkin cake:

- 1 cup cashew butter or almond butter
- 1/2 cup pumpkin puree
- 2 eggs
- 2 tablespoons pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1/3 cup maple syrup
- 1/4 cup full fat coconut milk

For the icing:

- 1/2 cup raw cashews
- 1/4 cup maple syrup
- 4 tablespoons coconut butter
- 2 tablespoons coconut oil
- 1 tablespoon water
- Dash of vanilla extract. *1/4 cup full fat coconut milk

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place cake ingredients in large bowl and mix until smooth.
3. Pour cake batter into greased cake pan of choice or muffin cups with liners.
(I prefer a small bundt pan because it's just fancier!)
4. Bake cake or loaf for 40-50 minutes and muffins for 25ish minutes, or until toothpick inserted comes out clean.
5. Let cool before removing.
6. For the icing, place cashews in food processor and pulse until fine meal forms. (Skip this step if you have a high powered blender!)
7. Place ground cashews and remaining icing ingredients in blender and process until smooth. If icing is too thick to pour, add water by 1/2 tablespoon at a time until desired consistency is achieved.
8. Icing can be poured over cake, spread over loaves, or drizzled over muffins. Or eaten with a spoon because ERMAHGAAH this stuff is amazeballs.

PALEO PUMPKIN SOUP WITH SPICY ROASTED PEPITAS



INGREDIENTS

For the pumpkin soup:

- 3 T ghee or butter
- 3/4 cup finely chopped onion
- 1/2-1 tsp sea salt
- 1/2 tsp dried thyme
- 1/2 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp cracked pepper
- 1 & 1/2 cup bone broth or chicken broth
- 1 15 oz can of organic pumpkin
- 1 14.5 oz can of fire roasted diced tomatoes
- 1/8 cup honey
- 1 cup of full fat coconut milk

For the spicy pepitas:

- 1/2 cup pepitas (pumpkin seeds)
- Avocado or olive oil
- Smoked paprika
- Garlic Powder
- Sea Salt & Cracked Pepper
- 1 cup of full fat coconut milk

DIRECTIONS

1. Melt ghee or butter in pan over medium heat.
2. Add onion and spices. Saute until onions are translucent and spices are smelling delicious!
3. Stir in pumpkin, tomatoes, and chicken broth and bring to a boil.
4. Simmer for about 15 minutes.
5. Add honey and coconut milk and heat thoroughly. Remove from heat.
6. Puree with immersion blender if desired. (Just depends on your desired soup consistency!)
7. While soup is simmering, toss the pepitas with the oil and spices. (I just sprinkle a little of each on top and toss until they are coated with the spice mixture.)
8. Toast in the oven at 325 degrees for about 12-15 minutes. Make sure to stir them around a couple of times while cooking.
9. Serve soup with a drizzle of coconut milk and top with spicy pepitas.

PALEO PUMPKIN PIE



INGREDIENTS

For the pie crust:

- 1 cup almond flour (packed)
- 3 T ghee, melted
- Pinch of Sea Salt

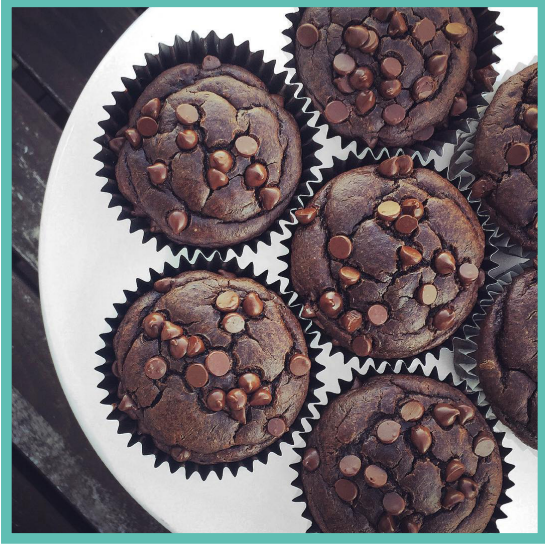
For the pie filling:

- 1 15oz can organic pumpkin
- 1 cup full fat coconut milk
- 2 eggs
- 1/2 cup maple syrup
- 2 tsp pumpkin pie spice
- 1/4 tsp salt
- Dash of vanilla

DIRECTIONS

1. Preheat oven to 325 degrees.
2. I like to prep my pan with a little coconut oil rub for easier serving.
3. Mix crust ingredients until crumbly dough forms. Press crust into bottom of a 9" springform pan and partially up the sides. (You can use a regular pie pan but the crust will not reach all the way up to the edges.)
4. Bake for 10 minutes and set aside.
5. Increase oven temperature to 350 degrees.
6. Mix pie filling ingredients in large bowl and mix until smooth.
7. Pour on top of crust and bake for 50-55 minutes. filling should just be set.
8. Cool completely and then refrigerate until ready to serve.

PALEO CHOCOLATE PUMPKIN MUFFINS



INGREDIENTS

- 1/2 cup cashew or almond butter
- 3/4 cup canned pumpkin
- 1 large egg
- 4 Tbsp maple syrup
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- Mini chocolate chips

DIRECTIONS

1. Preheat your oven to 375 degrees and place about 10 cupcake liners in a regular muffin pan.
2. Add all the ingredients except for the chocolate chips into a blender. Blend until ingredients are fully combined and batter is creamy. (Like I've said before, you can totally use a regular bowl and/or mixer but that just means more dirty dishes. No thanks.)
3. Pour the batter into muffin cups, filling about 3/4 full. This recipe usually makes about 9-10 muffins.
4. Sprinkle tops with chocolate chips. (I use Enjoy Life mini chips, so you may want to skip them if you are doing strict Paleo or use a different topping.)
5. Bake for 12-15 minutes, until the muffins are set and a toothpick inserted into the center comes out clean. (Although I am always a fan of the lower cooking times to make my baked goods more fudge-like ... yum!)
6. Store them in a container for up to 5 days. Or make a few batches and freeze them for up to 3 months. Because chocolate and pumpkin, y'all.

GLUTEN FREE PUMPKIN SPICE COOKIES



INGREDIENTS

- 1/4 cup butter, room temp
- 1/2 cup organic sugar
- 1 egg
- Dash of vanilla extract
- 1 1/2 cups almond flour
- 2 tablespoons coconut flour
- 1 tablespoon pumpkin spice
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- Raw sugar for rolling

DIRECTIONS

1. Combine butter and sugar together in a bowl. Use mixer to cream together.
2. Add egg and vanilla extract and mix until smooth.
3. Mix in almond flour, coconut flour, pumpkin spice, salt, and baking soda. Stir together until smooth batter forms.
4. If needed, refrigerate dough for 30-60 minutes so dough is easier to manage.
5. Separate batter into equal pieces and roll into balls (I usually get about 16-18 cookies).
6. In a small bowl, place some organic or raw sugar. Roll each dough ball in sugar and place on a cookie sheet lined with parchment paper.
7. Use the bottom of a glass (or a flat surface) to slightly flatten cookies.
8. Bake at 350 degrees for 14-16 minutes. Remove from oven and let cool on cooling rack. Do not over bake as cookies will harden slightly while cooling.
9. Cookies will have a slightly crunchy outside and soft center. They are to die for right out of the oven! Once placed in an airtight container, the cookies will be predominantly soft and chewy.

GRAIN FREE PUMPKIN SPICE GRANOLA



INGREDIENTS

- 1/2 cup cashews, roughly chopped
- 1/2 cup pecans, roughly chopped
- 1/4 cup sliced almonds
- 1/4 cup pumpkin seeds (I use salted ones)
- 1 cup unsweetened coconut flakes
- 1/2 cup almond flour
- 1/4 cup maple syrup
- 3 T coconut oil, melted
- Dash of vanilla extract
- 1 T pumpkin spice

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Put all ingredients into a bowl and gently mix together with large spoon or spatula.
3. Spread mixture out on a baking sheet lined with parchment paper. Use the spatula to form clumps and leave space between them so the heat can circulate.
4. Bake for 15 minutes. Remove from oven and flip the granola over, reform clusters and space if needed.
5. Bake for another 5-10 minutes until granola turns golden (this took another 7 minutes for me)
6. Let cool on a baking rack until granola is crispy.
7. Store in an airtight container. Serve on yogurt, ice cream, with a little cream, or just pop it in your mouth. YUM.

PALEO PUMPKIN SPICE WAFFLES



INGREDIENTS

- 1 cup almond flour
- 1/4 cup tapioca flour
- 1/4 cup coconut sugar
- 1/2 tsp baking soda
- 1 to 1 1/2 T pumpkin spice (to your liking)
- 4T melted coconut oil (plus a bit more for waffle iron)
- 3 eggs
- 1/2 cup full fat coconut milk
- Dash of vanilla

DIRECTIONS

1. Brush melted coconut oil on waffle iron. I do this between each batch!
2. Mix dry ingredients in a bowl.
3. Mix wet ingredients into dry ingredients (I do this by hand with a whisk.)
4. Make waffles according to your own waffle iron instructions. (I have a Krups double waffle iron, and this recipe made 6 waffles)

PRO TIP: Do you like crispy waffles? Me too! After waffles are finished, put in oven at 250 for 5-10 minutes to crisp. Lay waffles on wire rack on top of baking sheet so heat can circulate. Crisp on the outside, soft and chewy on the inside, yum!

- Keep leftovers stored in container in refrigerator. Pop in the toaster oven to reheat. These are not very sweet (on purpose), so serve with maple syrup! Maybe some bacon, too.



Well my pumpkin spice friends, there you go. I really hope you'll give these recipes a whirl and share them with your loved ones! And if you do, will you please send me a note and let me know what you think? I love hearing from you guys and always enjoy knowing which recipes are a hit in your homes.

And just so you know, the Pumpkin Pie Spice from Trader Joe's is my favorite! The flavor is just **AMAZING**. And I could eat Pumpkin Pie for breakfast, lunch, and dinner. Maybe with a side of bacon. Because hey -- balance is important, y'all.

Pumpkin spice love to each and every one of you!

Amanda

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