



## What can I do with the rest of my pumpkin?

So, you carved a pumpkin and want to know how you can get the most out of your pumpkin without wasting it. Well we've got you covered! Below you will find multiple ways in which you can use all of your pumpkin!

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### Pumpkin Guts

#### Pumpkin Gut Bread

With the inside of your pumpkin, and a few other ingredients you can make some delicious pumpkin "gut" bread!

#### Ingredients:

- 3 1/2 cups whole wheat flour, or sub All-Purpose
- 3 cups sugar, or sugar substitute like Swerve
- 2 tsp. cinnamon
- 2 tsp. nutmeg
- 2 tsp. baking soda
- 1 1/2 tsp. salt
- 4 eggs, beaten
- 1 cup vegetable oil, we use avocado oil
- 1/2 cup water
- 2 cups of fresh pumpkin guts, the stringy part separated from the seeds
- 1 cup chopped pecans, optional

#### Instructions:

- Preheat the oven to 350 F. Grease two 9x5 loaf pans well, then dust with flour.
- Use your fingers and a pair of scissors to separate the pumpkin guts, making sure they'll be able to mix into the batter. (Keep the seeds for another recipe!)
- Combine flour, sugar, cinnamon, nutmeg, soda, and salt in a large mixing bowl.
- Add eggs, oil, water and pumpkin. Stir until you have a smooth batter.
- If using pecans, you can mix the nuts in now, or sprinkle them on top once you pour your batter into the loaf pans.
- Pour into prepared pans. Bake for 1 hour, and check for doneness by inserting a wooden skewer into the center of the loaf. If it comes out clean, your loaves are done. If not, bake them longer, checking every 5 minutes.
- Cool slightly in the pans (about 10 minutes) then take out of pans to let them cool on a rack.



### **Pumpkin Body Scrub**

Ingredients:

- 1 cup coarse raw sugar or salt
- 1/2 cup pure organic pumpkin puree (do not use pumpkin pie filling)
- 1 tsp honey
- 1 Tbsp sweet almond oil

Instructions:

- 1. Mix sugar, pumpkin, honey and almond oil together in a small bowl until well combined. Add more or less sugar and oil based on personal preferences.
- 2. Store in an airtight container in the refrigerator until ready to use.

### **Pumpkin Spice Latte Syrup**

Ingredients:

- 2 cups sugar
- 2 cups water
- 1/4 pure pumpkin (we used organic canned pumpkin)
- 1 teaspoon cinnamon
- 2 teaspoons pumpkin pie spice

Instructions:

- In a saucepan, simmer ingredients, whisking 10 minutes. Strain mixture with cheesecloth twice.
- Pour syrup into small bottles and add a tag if given as favors.
- Mix 2-3 tablespoons with coffee and warm milk to taste. Top with whipped cream and pumpkin pie spice. Yum!

### **Pumpkin Butter**

Ingredients:

- 1 (29 ounce) can or 3 1/2 cups fresh, pumpkin puree
- 3/4 cup apple juice
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cloves
- 1 1/2 cups white sugar



- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

Instructions:

- In a large saucepan, over medium heat, combine pumpkin, apple juice, spices, and sugar; stir well.
- Bring mixture to a boil. Once it's rapidly bubbling, reduce heat to low, and simmer for 30 minutes or until thickened, stirring frequently.
- Once it's reached the desired consistency, remove from heat. Let cool for 10 minutes before handling and transfer the warm mixture to sterile containers. Chill in the refrigerator until serving.

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## Pumpkin Seeds

### Pumpkin Seeds

Hold on to those seeds too, below you will find some delicious and fun ways to use them!

Ingredients:

- 1-1/2 cups raw pumpkin seeds
- 2 teaspoons olive oil
- 1/2 teaspoon garlic salt plus additional if desired
- Non-stick cooking spray

Instructions:

- INSTRUCTIONS
- Remove seeds from your pumpkin and place in a colander. Place colander in your sink and rinse with water, removing as much of the stringy pumpkin guts as you can. Pour seeds on to a rimmed baking sheet and allow to dry overnight. The following day, pick out any remaining pieces of pumpkin.
- Preheat the oven to 325 F degrees. Spray a clean rimmed baking sheet with cooking spray.
- Toss seeds in a bowl with the olive oil and garlic salt. Spread the seeds on the prepared baking sheet and bake for about 20 to 30 minutes or until golden brown, stirring about halfway through.

Recipe Notes

- Prep time does not include time to dry overnight.\*



## Pumpkin Seed Hummus

### Ingredients:

- 1 1/2 cups raw pepitas
- 4 cloves garlic
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika divided
- 1 teaspoon chili powder divided
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups cooked cannellini/great northern beans (or 1 can drained and rinsed)
- 1/2 cup olive oil plus more for drizzling
- 1 lemon juiced
- salt and pepper to taste
- pita bread

### Instructions:

- Preheat the oven to 350 degrees. Grease baking sheet or line with aluminum foil.
- Right on the pan add the pumpkin seeds (pepitas), 1 tablespoon olive oil, 1/2 teaspoon smoked paprika, 1/2 teaspoon chili powder, salt and pepper. Toss well with your hands.
- Add the garlic cloves to one side of the pan (leave them in their skin).
- Roast for about 15-25 minutes or until seeds are cooked and begin to lightly brown. Remove the pan every 10 minutes to stir the seeds and check for doneness.
- Remove from the oven, let cool for 5 minutes and then peel the skin away from the garlic. If the garlic is not tender and fragrant when the seeds are done roasting, wrap them in foil and continue to roast until soft and roasted.
  
- Add the pumpkin seeds to a food processor and process until a smooth paste forms, scrape down the sides as needed. This took about 5 minutes.
- Once the pumpkin seeds form a paste, add the beans, lemon juice, and garlic. Pulse and blend until combined and the beans begin to puree, about 2-3 minutes.
- With the processor still going, stream in olive oil, blending continuously for a few minutes (and scraping down the sides if needed) until as smooth as desired.
- Add the remaining, 1/2 teaspoon of chili powder and smoked paprika. Blend until combined add some salt + pepper and taste, adding more if desired.
- Add hummus to a bowl and drizzle with extra olive oil. Start dipping!