



## October 2025 Recipe Book

Created by EpicLuv



# Persimmon with Yogurt & Pumpkin Seed Butter Dip

3 ingredients · 5 minutes · 1 serving



## Directions

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1. In a small bowl, whisk together the yogurt and pumpkin seed butter until thoroughly combined.
2. Dip the persimmon slices into the yogurt mixture, and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Yogurt and pumpkin seed butter dip can be refrigerated in an airtight container for up to one week.

## Ingredients

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- 1/4 cup** Plain Greek Yogurt
- 1 tbsp** Pumpkin Seed Butter
- 1** Persimmon (sliced)



# Roasted Pumpkin Wedges

6 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a large baking sheet with parchment paper.
2. Add the pumpkin wedges to a large mixing bowl and toss with the oil, cinnamon, vanilla and sea salt until well coated.
3. Transfer the seasoned pumpkin wedges to the prepared baking sheet and arrange them into a single layer.
4. Bake for about 25 minutes or until the pumpkin is very tender. Remove the pumpkin from the oven and brush each piece with the maple syrup. Return it to the oven and continue baking for about 5 minutes more or until the maple syrup is just starting to brown and bubble. Season with additional salt if needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Use pumpkin pie spice, black pepper or a pinch of cayenne.

### Pumpkin

A pumpkin that weighs 2.25 lbs (1.02 kg) will yield approximately 3 cups. When cutting, keep the wedges as uniform as possible for even cooking.

### No Pumpkin

Use squash instead.

### No Maple Syrup

Use another liquid sweetener instead.

## Ingredients

**3 cups** Pie Pumpkin (seeds and strings scooped out, cut into 1/2-inch wedges)

**2 tbsps** Extra Virgin Olive Oil

**3/4 tsp** Cinnamon

**1/2 tsp** Vanilla Extract

**1/8 tsp** Sea Salt

**2 tbsps** Maple Syrup

# Slow Cooker Pumpkin Chicken Curry

10 ingredients · 4 hours 40 minutes · 4 servings



## Directions

1. Add the coconut milk, red curry paste, fish sauce, sugar, and pumpkin into the slow cooker and whisk to combine. Add the chicken.
2. Cover and cook for four hours on high or eight hours on low.
3. Once the chicken is done cooking, shred the chicken in the slow cooker and add the bell pepper. Cook for 30 minutes on high.
4. Before serving, stir in the spinach and lime juice and let it cook until just wilted.
5. Divide evenly between bowls and season with salt and pepper. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Top with chopped peanuts and/or cilantro. Serve with rice.

## Ingredients

- 1 3/4 cups Canned Coconut Milk
- 1/4 cup Thai Red Curry Paste
- 1 tbsp Fish Sauce
- 1 tbsp Coconut Sugar
- 1 1/2 cups Pureed Pumpkin
- 1 lb Chicken Thighs (boneless, skinless)
- 2 Red Bell Pepper (medium, sliced)
- 4 cups Baby Spinach
- 2 tbsps Lime Juice
- Sea Salt & Black Pepper (to taste)



# Pumpkin Ravioli

9 ingredients · 25 minutes · 4 servings



## Directions

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1. Cook the ravioli according to the package directions. Drain the pasta and reserve some of the pasta water.
2. Heat the oil in a pan over medium heat. Add the shallot and sauté for two to three minutes or until slightly browned.
3. Add the pumpkin purée, cream, and reserved cooking water to the same pan. Stir well and bring to a simmer for about five minutes. Season with salt and pepper.
4. Transfer the ravioli into the pumpkin sauce. Stir in the parmesan cheese and cook for another two to three minutes.
5. Divide the ravioli evenly between bowls. Top with parsley and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/3 cups.

### More Flavor

Add spinach or green peas.

## Ingredients

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**12 ozs** Cheese Ravioli  
**1/2 cup** Water (reserved from cooking pasta)  
**1 tsp** Extra Virgin Olive Oil  
**2 tbsps** Shallot (diced)  
**1/2 cup** Pureed Pumpkin  
**1/3 cup** Whipping Cream  
Sea Salt & Black Pepper (to taste)  
**1/4 cup** Parmigiano Reggiano (finely grated)  
**2 tbsps** Parsley (chopped)

# Pumpkin Loaf

12 ingredients · 1 hour · 12 servings



## Directions

1. Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
2. In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
3. Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
4. Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
5. Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. If not eating right away, wrap and store in the freezer for up to two months.

### Muffins

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

### Make it Sweet

Stir in a handful of dark chocolate chips to the batter before baking.

### Serve it With

A cup of herbal tea or coffee.

## Ingredients

- 3 Egg
- 3/4 cup Sunflower Seed Butter
- 1/3 cup Maple Syrup
- 1/2 cup Pureed Pumpkin
- 3 tbsps Coconut Oil
- 1/2 Lemon (juiced)
- 1/4 cup Coconut Flour
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/3 tsp Baking Powder
- 1 1/2 tsps Ginger (grated)
- 1/4 tsp Sea Salt

# Bison Pumpkin Chili

13 ingredients · 30 minutes · 4 servings



## Directions

1. Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
2. Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
3. Divide coleslaw into bowls. Top with chili and enjoy!

## Notes

### Optional Toppings

Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

### More Veggies

Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

### No Bison

Use extra lean ground beef, chicken, turkey, lamb or venison.

### Vegan or Vegetarian

Use mixed beans and/or tofu instead of ground meat.

### Leftovers

Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

### Serving Size

One serving is approximately 3/4 cup of chili with one cup of coleslaw.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Ground Bison
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 **tbsps** Chili Powder
- 1 **tbsp** Cumin
- 1 **tsp** Paprika
- 1 **cup** Crushed Tomatoes
- 1 **cup** Pureed Pumpkin
- 1 **cup** Water
- 1 **1/2 tps** Maple Syrup
- 1 **tsp** Sea Salt
- 4 **cups** Coleslaw Mix



# Pear & Pumpkin Cinnamon Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is about 1 3/4 cups.

### More Flavor

Add vanilla extract.

### More Protein

Add collagen and/or vanilla protein powder.

### Soy-Free

Use any other type of milk.

## Ingredients

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**1 cup** Soy Milk

**1** Pear (cored and chopped)

**1/3 cup** Pureed Pumpkin

**1 cup** Frozen Cauliflower

**1/4 cup** Oats (rolled)

**1/4 tsp** Cinnamon



# Pumpkin Pancakes

8 ingredients · 30 minutes · 3 servings



## Directions

1. In a medium mixing bowl, combine the flour, baking powder and pumpkin pie spice. Stir well.
2. In a separate bowl, combine the milk, pumpkin purée, egg, maple syrup, and 2/3 of the melted butter. Whisk thoroughly until blended.
3. Add the wet ingredients into the dry and stir until no big lumps remain.
4. Heat a pan over medium-low heat. Brush the pan lightly with melted butter. Scoop the batter onto the pan using roughly 1/4 cup for each pancake. Cook for two to three minutes, until small bubbles form on the surface of the pancakes.
5. Flip each pancake and cook on the opposite sides for one to two minutes, or until lightly golden brown.
6. Repeat the process with the remaining batter, brushing the pan with butter as needed. Serve the pancakes immediately with butter, if using, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to two pancakes.

### Additional Toppings

Serve with fresh berries, maple syrup, or your choice of jam.

### No Butter

Use coconut oil instead.

### No Maple Syrup

Use brown sugar instead.

## Ingredients

**1 cup** Whole Wheat Flour  
**1 1/2 tsps** Baking Powder  
**1 tsp** Pumpkin Pie Spice  
**1 cup** Cow's Milk, Whole  
**1/2 cup** Pureed Pumpkin  
**1** Egg  
**2 tbsps** Maple Syrup  
**3 tbsps** Butter (melted, divided, plus extra for optional serving)

**Freezer Meal**

After the pancakes have completely cooled, line a baking sheet with parchment paper and spread the pancakes out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the toaster or oven.



# Pumpkin Oat Energy Balls

6 ingredients · 10 minutes · 7 servings



## Directions

1. Add all of the ingredients except for the water to a food processor. Process until you get a smooth texture with a few chunks of dates and nuts. Add the water if necessary to help the mixture stick together.
2. Use a one inch cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
3. Store in the refrigerator for at least 30 minutes to set. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to one week.

### Serving Size

One serving is two energy balls.

### More Flavor

Add pumpkin spice.

### Additional Toppings

Roll the energy balls in chopped pecans or shredded coconut.

## Ingredients

**1/3 cup** Pureed Pumpkin

**2/3 cup** Cashews (raw)

**1/4 cup** Pitted Dates

**1/2 tsp** Cinnamon

**1/3 cup** Oats (rolled)

**2 tps** Water

# Protein Pumpkin Oatmeal

8 ingredients · 10 minutes · 1 serving



## Directions

1. Heat a small saucepan over medium heat and add the oats, pumpkin, water, milk, protein powder, and pumpkin pie spice. Cook, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about five minutes.
2. Add the oatmeal to a bowl and top with maple syrup and pecans. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Reheat with a splash of water or milk or eat cold.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### Additional Toppings

Top with sliced (cooked) pear or apple.

## Ingredients

- 1/2 cup** Oats (rolled)
- 1/4 cup** Pureed Pumpkin
- 3/4 cup** Water
- 1/4 cup** Unsweetened Almond Milk
- 2 tbsps** Vanilla Protein Powder
- 1/2 tsp** Pumpkin Pie Spice
- 1 tbsps** Maple Syrup
- 2 tbsps** Pecans (chopped)