



# all things pumpkin

your ultimate guide to guilt-free pumpkin recipes



A Fitness St Pete | Tierra Verde Fitness guide to help you enjoy food friends & fun without sacrificing your fitness goals

# A Note From Dianne Villano

## Does this sound familiar?

You decided to try your best to eat smarter not less and in a manner that supports your most fit and energetic self.... Then the holidays started, and you caved and had a “treat” out of the Halloween stash, at the office or at a holiday party.

That “treat” led to eating the entire bucket of candy, plate of cookies or tray worth of appetizers bit by bit and never-ending cravings for sugar and other “bad” foods.

You waved the white flag of defeat and decided that this “healthy eating” thing would not work during “the holidays”. Every party becomes another chance to eat the “forbidden” fruit and over the course of a month, your pants simply didn’t fit anymore until you arrived in the New Year with weight gain, belly bulge and bloat wishing you had made different decisions.

I know I have heard this story thousands of times in the past 26 years so you are not alone. Once you start eating the junk, it can be a very slippery slope!

**I’m here to tell you that it doesn’t have to be this way....** Not even a little bit. You can bring appetizers, cookies and desserts to your holiday parties that taste just as good as everyone else’s party fare without setting off the body abusing chain of events.

With these recipes, you can eat smarter not less and enjoy the holidays while staying on track towards your goals and start the New Year feeling proud instead of disgusted and bloated.

**It all starts with the 3 Day Detox and cleanse which I’ve included with this Guide at no charge. It is designed to balance body chemistry and blood sugar levels, eliminate pattern eating and clean out your digestive system. You Can Grab it free HERE >>>> <http://mypersonalfitnesscoach.com/wp-content/uploads/2016/10/3-DayDetox.pdf>.** As a thank you for an amazing start to our Fitness St Pete I Tierra Verde Fitness brands, I’ve also thrown in my 5 fav smoothie recipes and my *How to Eliminate Carb Cravings* and *How to Speed up Your Metabolism in 5 Simple Steps* articles.

**Since the #1 New Year Resolution is almost always “lose weight” ... Fitness St Pete I Tierra Verde Fitness has put together something special as our thanks just for requesting The All Things Pumpkin Guide.**



**Mention this Guide for VIP registration and \$100 off our *Finish The Year Strong Challenge* starting in November**

Call/ text me right now at 727-742-0816 or [send me an email](#) to grab your spot today!

Enjoy the Recipes - Dianne Villano, The Go To Expert For Your Over 50 Body



*Guilt Free Pumpkin Recipe Guide*



# Crustless Pumpkin Pie Cupcakes

## INGREDIENTS

15 ounce can pumpkin puree  
1/2 cup coconut sugar  
1/4 cup lightly packed brown sugar  
2 large eggs  
1 large egg yolk  
1 tsp pure vanilla extract  
3/4 cup canned coconut milk  
1/2 cup almond flour  
2 tsp pumpkin pie spice  
1/2 tsp salt  
1/4 tsp baking soda  
1/4 tsp baking powder

## FOR TOPPING

Coconut milk whipped cream

## INSTRUCTIONS

1. Preheat the oven to 350F. Line a muffin pan with paper liners (or silicone muffin liners).
2. Generously spray the bottoms and sides of the liners with cooking spray.
3. In a large bowl, mix together the pumpkin, granulated sugar, brown sugar, eggs and egg yolk, vanilla, and coconut milk until smooth.
4. In another bowl, sift together the flour blend, pumpkin pie spice, salt, baking soda, and baking powder.
5. Add the dry ingredients to the wet and stir to fully combine.
6. Scoop the batter into the prepared muffin pan. The cups will be fairly full.
7. Bake the cupcakes for 25 minutes.
8. Let the cupcakes cool in the pan for 30 minutes. Refrigerate for at least 1 hour before serving.
9. Top with coconut milk or regular whipped cream. Enjoy!





# Creamy Pumpkin Pie Bars

## INGREDIENTS

### CRUST

1 cup rolled oats  
1 1/2 cups almond flour  
1/4 tsp sea salt  
2 tbsp coconut sugar  
1 tbsp maple syrup  
4-5 tbsp melted coconut oil

### FILLING

2 3/4 cups pumpkin purée  
1/4 cup maple syrup  
1/4 cup coconut sugar  
1/4 cup unsweet plain almond milk  
2 1/2 tbsp cornstarch  
1 3/4 tsp pumpkin pie spice  
1/4 tsp sea salt

FOR SERVING (optional)  
Coconut Whipped Cream

## INSTRUCTIONS

1. Preheat oven to 350F and line an 8x8-inch baking dish with parchment paper (adjust number/size of dish if altering batch size).
2. Make crust by adding oats to a blender (or food processor) and blending/mixing until you reach the consistency of oat flour (if using raw almonds, mix them with the oats at this time).
3. Add almond flour (not meal), sea salt, coconut sugar and mix once more. Then add maple syrup and melted coconut oil and mix/pulse to combine. Depending on device, you may need to use a spoon to scrape around the edges to ensure the crust is completely mixed. If it appears or feels too dry, add more coconut oil.
4. Add crust to the parchment-lined baking dish and shake to evenly disperse, then lay down parchment paper on top and use a flat-bottomed object (such as a liquid measuring cup or drinking glass) and pressing down to pack the crust into place, making an even, firmly packed layer.
5. Bake for 20 minutes, then set aside to cool.
6. In the meantime, add all filling ingredients to the blender (or food processor) and blend until smooth, scraping down sides as needed. Taste and adjust seasonings as needed, adding more maple syrup or coconut sugar for sweetness, or pumpkin pie spice for flavor. I also added a pinch of ground cinnamon. Set aside.
7. Once the crust is baked, pour the filling into the crust and tap on counter to remove air bubbles. Bake for 50-60 minutes. The filling will still be just a bit jiggly, dark orange in color, and have some cracks on the top - this is normal.
8. Remove from oven and let cool completely before loosely covering with plastic wrap or foil and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.
9. Once cooled, gently lift bars out of dish and slice into 9 bars.
10. Serve with coconut whipped cream and an additional sprinkle of cinnamon, nutmeg, and/or pumpkin pie spice (optional). Store leftovers in the refrigerator up to 3 days.



# The Best Pumpkin Loaf Ever

## INGREDIENTS

3 eggs  
1 cup sugar  
1/4 cup brown sugar  
1 tsp vanilla extract  
1 cup pumpkin puree  
1/3 cup olive oil  
1 1/2 cups coconut flour  
1 tsp baking soda  
1/2 tsp baking powder  
1/2 tsp cinnamon  
1/2 tsp ground ginger  
1/2 tsp salt  
1/4 tsp each of ground nutmeg,  
all spice, pumpkin pie spice  
1/2 cup semi-sweet chocolate chips

## INSTRUCTIONS

1. Preheat oven to 350F. Line a 9x5 loaf pan with parchment paper and set aside.
2. In the bowl of a stand mixer (or you can do this with a hand mixer) beat together the eggs, sugars and vanilla extract (1 minute on medium speed or until well combined).
3. Add in the pumpkin puree and oil and beat until combined.
4. Next add all the dry ingredients (flour, baking soda, baking powder, cinnamon, ginger, salt, nutmeg, all spice and pumpkin pie spice) and stir until combined, you could also use your mixer to combine. If using chocolate chips, add them and mix them in.
5. Spoon batter into the lined loaf pan.
6. Bake for 50-60 minutes, or until a toothpick comes out clean. Remove from oven, allow to cool for at least 10 minutes, then serve warm or allow to cool completely, then slice and serve and enjoy.



# Pumpkin Cookies

## INGREDIENTS

### PUMPKIN COOKIES

1 cup light brown sugar  
1 cup sugar  
1 cup canola oil  
1 15 oz. can pumpkin  
2 eggs lightly beaten  
1 tsp vanilla  
3 1/2 cups GF all-purpose flour blend  
1 tsp baking soda  
1 tsp baking powder  
1/2 tsp salt  
2 tbsp pumpkin pie spice

### FROSTING

4 oz cream cheese room temperature  
1/2 cup powdered sugar  
1/4 cup Greek yogurt

## INSTRUCTIONS

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. In a medium bowl combine brown sugar, sugar, canola oil, pumpkin, eggs and vanilla until fully incorporated.
3. In a separate bowl whisk together the flour, baking soda, baking powder, salt and pumpkin pie spice.
4. Combine wet and dry ingredients and stir to fully incorporate.
5. Use a small cookie scoop to place mounds of the dough onto the parchment paper.
6. Flatten out the mounds by smoothing the top with the back of a spoon or your fingers that have been dipped in water to keep from sticking. (The shape they are going into the oven is pretty much the shape they will be when they are done!)
7. Bake for 11-13 minutes, transfer cookies to a cooling rack and let cool before frosting.
8. To make the frosting, combine the cream cheese, powdered sugar and yogurt until smooth. If the frosting is too thin, add more powdered sugar.
9. Frost each cookie and enjoy!





# Easy Pumpkin Coffee Cake

## INGREDIENTS

### STREUSEL

3 1/2 tbsp oat flour  
3 1/2 tbsp coconut oil, melted  
1/4 cup coconut sugar  
1/2 cup pecans, chopped  
1/4 tsp ground cinnamon

### WET INGREDIENTS

1 cup 100% pure pumpkin puree  
1/4 cup melted coconut oil  
1/4 cup + 2 tbsp coconut sugar  
1/4 cup + 2 tbsp pure maple syrup  
1 tsp pure vanilla extract  
1 flax egg (1 tbsp ground flax +  
3 tbsp water, whisk together,  
set for 15 mins)

### DRY INGREDIENTS

2 cups oat flour  
1/2 cup almond meal  
1 tsp baking soda  
1/2 tsp baking powder  
1 tsp ground cinnamon  
1/2 tsp ground cloves  
1/2 tsp ground nutmeg  
1/4 tsp salt

## INSTRUCTIONS

1. Preheat the oven to 350F degrees. Line an 8 or 9-inch square baking pan with parchment paper or greased foil. Set aside.
2. Make the streusel: Add Streusel ingredients to a small bowl. Using a fork, stir and fold until well incorporated. Set aside.
3. Make the pumpkin cake: Add all the Wet Ingredients to a large bowl: pumpkin, coconut oil, coconut sugar, maple syrup, flax egg and vanilla. Whisk until well incorporated.
4. Add the dry ingredients: oat flour, almond meal, baking soda, baking powder, spices and salt. Whisk together until just incorporated, making sure no flour patches remain. Batter will be very thick—do not add additional water or liquids.
5. Pour batter evenly into prepared pan. Using a rubber spatula, spread into an even layer. Sprinkle streusel over pumpkin batter.
6. Bake for 30-40 minutes. Test for doneness by sticking a toothpick into the center of the cake. The toothpick will come out clean when the cake is done.
7. Allow to cool in pan placed on a cooling rack for about 30 minutes.
8. Lift out of pan and transfer directly to cooling rack to cool completely, about 1-3 hours. Slice and enjoy!



# Pumpkin Pie

## INGREDIENTS

### PIE CRUST

1 1/2 cups coconut flour  
1 1/2 tsp coconut sugar  
1/2 tsp salt  
6 tbsp oil (your baking oil of choice)  
3 tbsp cold water

### FILLING

1/2 cup brown sugar firmly packed  
1/4 cup almond sugar  
1 tsp ground cinnamon  
1/2 tsp ground ginger  
1/4 tsp ground nutmeg or allspice  
1/4 tsp ground cloves  
1/2 tsp salt  
2 large eggs  
1 15-ounce can pumpkin puree  
1 tsp vanilla extract  
1 cup regular, full-fat,  
canned coconut milk

## INSTRUCTIONS

1. Put the flour, sugar, and salt in a bowl and whisk to combine. Make a well in the flour, add the oil and water, and stir until it forms dough.
2. Press the dough into a 9-inch pie pan.
3. Preheat your oven to 425F.
4. In a medium bowl, whisk together the sugars, cinnamon, ginger, nutmeg or allspice, cloves and salt.
5. In a large bowl, beat the eggs. Beat in the sugar mixture, pumpkin, and vanilla until smooth.
6. Fold in the coconut milk.
7. Pour the filling into your unbaked pie crust and bake for 15 minutes.
8. Reduce the temperature to 350F and continue to bake for 50-60 minutes, or until a knife inserted comes out clean. It may be a bit wobbly still, but it will firm-up as it cools.
9. Allow the pie to cool on a wire rack for 2 hours (Be patient! This is important). For the firmest pie, refrigerate it for 4 hours or more before serving.





# Pumpkin Muffins

## INGREDIENTS

1 1/2 cups blanched almond flour  
1/2 tsp kosher salt  
3/4 tsp baking soda  
2 1/2 tsp ground cinnamon  
1/2 tsp ground cloves  
1/4 tsp ground nutmeg  
4 large eggs  
3/4 cup canned pumpkin  
(not pumpkin pie filling)  
1/3 cup pure maple syrup  
1 tsp pure vanilla extract  
Up to 1/2 cup mix-ins: chocolate  
chips, cranberries, toasted and  
chopped walnuts or pecans, or a  
mix

## INSTRUCTIONS

1. Place a rack in the center of your oven and preheat the oven to 350F. Line 10 of the wells of a standard 12-cup muffin pan with paper liners.
2. In a large bowl, stir together the almond flour, kosher salt, baking soda, cinnamon, cloves, and nutmeg. In a separate bowl, whisk together the eggs, pumpkin, maple syrup, and vanilla.
3. Make a well in the center of the dry ingredients, then pour in the wet. Gently stir, just until combined and the flour disappears. Fold in any desired mix-ins.
4. Divide the batter evenly between the cups, filling them nearly all the way to the top. Bake for 22-24 minutes, until a toothpick inserted in the center comes out clean.
5. Place the muffin pan on a wire rack and let cool in the pan for 5 minutes.
6. Gently lift the muffins out of the pan, and place on the rack to finish cooling for as long as you can stand the suspense. Enjoy!



# Pumpkin-Spice Latte

## INGREDIENTS

### VANILLA SIMPLE SYRUP

1 cup water  
1 cup sugar  
1 tsp vanilla extract

### PUMPKIN SPICE LATTE

1/4 cup full-fat coconut milk  
1/4 cup dairy-free milk beverage  
1/2 cup fresh-brewed strong black coffee or 1 shot espresso  
2 tbsp vanilla simple syrup  
2 tbsp dairy-free Pumpkin Spice sauce  
Dairy-free whipped topping  
Pumpkin pie spice, for garnish

## INSTRUCTIONS

### VANILLA SIMPLE SYRUP

1. In medium saucepan, whisk together the water and sugar and bring them to a boil over medium-high heat.
2. Cook until the mixture thickens slightly, about 3 minutes.
3. Remove the syrup from the heat and stir in the vanilla. Let cool to room temperature.
4. Store in an airtight container in the refrigerator for up to two weeks.

### PUMPKIN SPICE LATTE

1. In a glass canning jar, whisk together the coconut milk and milk beverage. Heat, uncovered, in the microwave until warm.
2. Use a milk frother to froth the milk or screw a lid onto the jar and shake until the milk is frothy.
3. Pour the coffee into a mug, and add the warmed dairy-free milk, vanilla syrup, and Pumpkin Spice Sauce. Stir until combined.
4. Top with dairy-free whipped topping and dust with pumpkin pie spice.



# Pumpkin-Chocolate Chip Banana Bread

## INGREDIENTS

2 mashed bananas  
1 cup canned pumpkin  
4 Eggs  
½ cup Almond butter  
4 TBSP melted coconut oil  
½ cup Coconut flour  
½ TBSP Cinnamon  
½ TBSP Pumpkin Pie Spice  
1 tsp. Baking Soda  
1 tsp. Baking Powder  
1 tsp. Vanilla  
Pinch of Sea Salt ¼-1/3 cup Enjoy Life  
(or others which don't include soy,  
lecithin, grain, artificial colors or flavors)

## INSTRUCTIONS

1. Preheat your oven to 350 degrees.
2. Combine your bananas, eggs, almond butter, vanilla, and melted coconut oil.
3. Mix well.
4. Add in coconut flour, cinnamon, pumpkin pie spice, baking soda, baking powder, and sea salt.
5. Mix well. Fold in your chocolate chips.
6. Grease a metal loaf pan with coconut oil.
7. Pour in your batter and spread evenly.
8. Place in the pre-heated oven for 35-45 minutes or until a toothpick inserted into the center comes out clean.





## Pumpkin-Cheesecake

### INGREDIENTS

#### FOR THE CRUST

1 cup almond butter  
1 cup unsweetened shredded coconut  
2/3 cup walnuts  
1 heaping tablespoon coconut butter  
1 heaping tablespoon raw honey  
pinch of salt

#### For the filling

1.5 cups roasted, unsalted cashews  
1/2 cup coconut oil  
1/2 cup raw honey  
2-3 tablespoon lemon juice  
5-6 tablespoons canned coconut milk  
1 teaspoon vanilla extract

#### FOR THE TOPPING

1/2 cup pumpkin puree  
2 tablespoons coconut milk  
1 tablespoon raw honey  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/8 teaspoon ground ginger  
1/8 teaspoon ground cloves  
pinch of salt

### INSTRUCTIONS

1. Add walnuts to your food processor and blend until you get a meal, almost a walnut butter.
2. Add the rest of your crust ingredients and blend until well combined.
3. Add crust mixture to an 8x8 glass baking dish lined with saran wrap, press down until evenly distributed and smooth on the top.
4. Wipe out the inside of your food processor, no need to scrub, then add your cashews and blend until you begin to get a clumpy mess.
5. Add coconut oil, lemon juice, vanilla extract and honey and puree until well combined.
6. Add your coconut milk, 1 tablespoon at a time (5-6 total) to break down the cashews completely.
7. Pour filling onto the crust and use a knife or spoon to spread mixture throughout the entire pan, covering the crust, then place in the freezer for about 1-2 hours or until completely hard.
8. When the cheesecake is almost hardened, add all topping ingredients to a food processor and mix until smooth and silky.
9. Smooth out on top of your cheesecake.
10. Place it freezer for about 30 minutes until everything has set.
11. Cut cheesecake into cheesecake slices.



# Pumpkin Pie Ice cream

## INSTRUCTIONS

1. Add bananas, pumpkin, coconut milk, and pumpkin pie spice to a food processor.
2. Process until mixture becomes the consistency of ice cream.
3. If you prefer the “soft serve” texture enjoy right away.

\*\*\* If you prefer it thicker, put in bowls and place in the freezer for 5-10 minutes.

## INGREDIENTS

- 2 frozen bananas
- 1/3 cup canned organic pumpkin
- 1/4 cup canned coconut milk
- 1/4 tsp. pumpkin pie spice (or to taste)