



10 Pumpkin Recipes for Fall

From This Mama Cooks! On a Diet



By Anne-Marie Nichols



Fall is here. That means it's time for pumpkin recipes!

Pumpkin's been a popular ingredient at This Mama Cooks! On a Diet™ since I started my cooking blog back in 2004.

I've chosen a few of my most popular breakfast, snack, lunch/dinner, and dessert pumpkin recipes for you to try out. You can find [more pumpkin recipes here](#) at This Mama Cooks! On a Diet.

These 10 Pumpkin Recipes for Fall use canned pumpkin puree. However, if you want to make pumpkin puree from scratch, learn how to at: [Four Ways to Cook Fresh Pumpkin](#).

Most of these recipes are gluten free or can easily be made so with a few suggested substitutions. Many of the recipes are dairy free (or come with substitution suggestions) and sugar free as well. There's even an egg free cookie recipe that's vegan friendly!

Please note that many of links in this cookbook are affiliate links. I earn a commission when you purchase through that link.

I use many of the products listed below and recommend them because they are products that I like or that get great reviews from other users.

About the author:

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Breakfast

Baked Pumpkin Chocolate French Toast

Servings: Makes 6 pieces of French Toast
Total Time: 35 Minutes

Ingredients

- Cooking spray
- 8 pieces [gluten free bread](#)
- 2 large eggs
- 1/3 cup egg whites
- 1/2 cup chocolate milk (regular or coconut milk)
- 1/3 cup [pumpkin puree](#)
- 1 teaspoon ground cinnamon, divided
- 2 bananas
- 6 small pats butter or buttery spread (optional)
- [Real maple syrup](#) for drizzling (optional)



Instructions

1. Place rack at the top of oven. Preheat oven to 350 degrees F.
2. Spray large [cookie sheet pan](#) with cooking spray.
3. In a [large mixing bowl](#), whisk together eggs, egg whites, pumpkin puree, chocolate milk, and 1/2 teaspoon of cinnamon. Pour into a shallow dish or [pie plate](#).
4. Dip each piece of bread (both sides) in egg mixture. Place bread on sheet pan. If there is any egg mixture left after all pieces of bread have been dipped, evenly pour it on to bread in pan. Let bread soak in egg mixture for 5 minutes.
5. Slice bananas thinly and place pieces on top of bread. Evenly sprinkle 1/2 teaspoon of cinnamon over bread slices.
6. Place pan in oven and bake for 20 minutes until bread starts to turn golden and bananas start to get translucent. Bread will be a little crusty along edges at this point as well.
7. Remove from oven and top with butter and maple syrup, if desired. Serve hot.

Gluten Free Pumpkin Chocolate Raisin Scones

Servings: Makes 12 scones
Total Time: 50 Minutes

Ingredients

- 2 3/4 cups **gluten free all-purpose flour**
- 1/3 cup powdered **monk fruit or stevia**
- 1 teaspoon **gluten free baking powder**
- 3/4 teaspoon salt
- 3/4 teaspoon **ground cinnamon**
- 1/4 teaspoon **ground allspice**
- 1/4 teaspoon **ground nutmeg**
- 1/4 teaspoon **ground ginger**
- 1/8 teaspoon **ground cloves**
- 1/2 cup buttery spread 1 cup **gluten free and dairy free mini semi-sweet chocolate chips**
- 1/2 cup **raisins**
- 2/3 cup **pumpkin puree**
- 2 eggs
- 2 teaspoons **gluten free vanilla**, divided
- 1/4 cup **light coconut milk**
- 2 tablespoons powdered **monk fruit or stevia**



Instructions

1. In a **large mixing bowl**, using a **pastry dough blender**, mix together the gluten free flour, monk fruit or stevia, baking powder, salt, cinnamon, allspice, nutmeg, ginger, and cloves.
2. Cut the butter spread into small pieces and add it to the bowl. Use the pastry blender to mix the buttery spread into the dry ingredients. Blend until you have pea sized pieces.
3. Using your hands, mix in the chocolate chips and raisins. Make sure to break up any clumps of raisins.
4. In a **small mixing bowl**, **whisk** together the pumpkin, eggs, and 1 teaspoon of the vanilla. Add this to the dry mixture and mix until just combined. Then use your hands to lightly knead the dough together into a ball.
5. Divide the dough in half and place one half on a **parchment lined baking sheet**. Shape the dough into a long rectangle with greased or floured hands.
6. Taking your **bench scraper**, divide the rectangle into three squares. Then use the bench scraper to cut each square diagonally into two triangles. Gently move the triangles away from each other. Repeat with the other half of the dough on a second baking sheet.
7. In a small mixing bowl, combine the coconut milk and 1 teaspoon of vanilla. With a **silicon pastry brush**, liberally brush the top of each scone with the mixture. Then generously sprinkle with powdered monk fruit or stevia.
8. Place the baking sheets and scones in the freezer for 30 minutes. Preheat the oven to 425 degrees F at this time. Bake the scones for 20-25 minutes or until golden brown.
9. Cool slightly on a **wire baking rack** before eating.

Snack

Pumpkin Tofu Smoothie



Servings: Makes 8 servings
Total Time: 10 Minutes

Ingredients

- 1 (14 ounce) package **soft tofu**
- 1 (15 ounce) can **pumpkin puree**
- 70 drops **liquid stevia** (or to taste)
- 3 teaspoons **pumpkin pie spice**
- 3 cups **light coconut milk**
- 1 large handful ice cubes

Instructions

1. Combine ingredients in a blender and puree until smooth.
2. Serve in a tall glass with a **smoothie straw**.

Lunch or Dinner

Healthy Vegetarian Pumpkin Soup

Recipe and photo courtesy of Golden Door Executive Chef Curtis Cooke.

Servings: Makes 8 to 10 cups
Total Time: 1 Hour 30 Minutes

Ingredients

- 10 cups fresh sugar pumpkin, peeled, seeded, cut into large pieces
- 1/4 cup plus 1 tablespoon **grape seed oil**, divided
- 1 cup shallots, minced
- 1/2 cup celery, diced
- 1 tablespoon garlic, minced
- 1 cup white wine (substitute with vegetable stock, if you wish)
- 6 cups **gluten free, low salt vegetable stock**
- 1 sachet of 6 sprigs thyme, 6 sprigs parsley, 1 **bay leaf** and 8 **black peppercorns**
- Salt to taste



Instructions

1. Preheat the oven to 350 degrees F.
2. In a large bowl, toss the large pumpkin pieces with just enough grape seed oil (approximately 1/4 cup) to coat and place on a **baking sheet** into the oven.
3. Roast the pumpkin until very tender, approximately 15-20 minutes. Cool and reserve.
4. In a **large stock pot**, sauté the shallots, celery, and garlic in a tablespoon of grape seed oil for 5 minutes.
5. Deglaze with the white wine (or vegetable stock) and reduce the liquid by half.
6. Add the roasted pumpkin, vegetable stock and sachet and bring to a boil. Reduce heat to a simmer and cook for 30 minutes.
7. Remove the sachet, and puree the soup in a **high speed blender**, **food processor**, or with an **immersion (wand) blender**.
8. Adjust the seasoning with salt and serve.

Healthy Slow Cooker Pumpkin and Bean Chili

Servings: 12

Total Time: 5 Hours 15 Minutes

Ingredients

- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1-pound ground venison, turkey, chicken or lean beef
- 1/2 teaspoon salt
- 3 cloves garlic, minced
- 2 tablespoons [chili powder](#) or your favorite [gourmet chili blend](#)
- 1/8 teaspoon [cayenne pepper](#) or [ground chipotle chile](#) (optional)
- 1 teaspoon [dried oregano](#)
- 1 1/2 teaspoon [ground cumin](#)
- 2 1/2 cups [gluten free, low salt vegetable stock](#)
- 2 15 ounce cans [black beans](#), drained and rinsed
- 1 (15 ounce) can [kidney beans](#), drained and rinsed
- 1 (15 ounce) can [pumpkin puree](#)
- 1 (14.5 ounce) can [diced tomatoes](#), with juice
- 1 tablespoon [pumpkin see oil](#) (optional)
- No fat plain Greek yogurt (for serving)



Instructions

1. Cook onion, bell pepper and ground meat over medium high heat in a [skillet](#) until meat is cooked through.
2. Add salt and garlic. Cook for 1 minute.
3. Add spices (chili powder through cumin) and mix thoroughly. Cook for 1 minute.
4. Place onion, pepper, meat, garlic and spice mixture into a 6-quart slow cooker.
5. Add remaining ingredients.
6. Cook on low for 5-6 hours.
7. Dish chili into bowls and top with a small dollop of plain Greek yogurt or a large pinch of shredded cheese.

Pumpkin Chorizo Pizza

Recipe and photo courtesy of Chef Kristina Vanni.

Servings: Serves 4 to 6
Total Time: 45 Minutes

Ingredients

- 2 tablespoons **olive oil**, divided
- 12 ounce purchased pizza shell crust or a gluten free alternative
- 1/4 cup finely chopped shallots
- 1 clove garlic, minced
- 1/4 teaspoon **dried red pepper flakes**
- 1 cup **pumpkin puree**
- 1/4 teaspoon **smoked paprika**
- 1/8 teaspoon salt
- 1 cup cubed fontina cheese
- 1/4-pound chorizo, thinly sliced or formed into thin disks
- 1 tablespoon chopped fresh sage leaves
- Additional olive oil and chopped sage for garnish (optional)



Instructions

1. Heat oven to 425 degrees F.
2. With a **silicon pastry brush**, brush 1 tablespoon olive oil over crust and set aside.
3. Heat remaining tablespoon olive oil in a **skillet** over medium heat.
4. Add shallots, garlic, and pepper flakes to hot pan.
5. Sauté for 1 minute, stirring constantly.
6. Stir in pumpkin puree, smoked paprika, and salt.
7. Cook, stirring, until sauce is thickened and hot.
8. Spread sauce evenly over pizza crust; scatter with cubed fontina. Arrange sliced chorizo evenly over top and sprinkle with chopped sage.
9. Place pizza on a **baking sheet** or directly on a **pizza stone**. Bake for 12 minutes or until crust is golden and cheese is melted.
10. If desired, drizzle a little olive oil over pizza and sprinkle with additional chopped sage.
11. Slice into pieces with a **pizza wheel** and serve.

Can't find chorizo? Use my [recipe for homemade chorizo](#).

Slow Cooker Cranberry Pulled Pork in Sugar Pumpkins

Servings: Serves 8 to 10
Total Time: 12 Hours 20 Minutes

Ingredients for the pork

- 3 1/2-pound pork loin, fat trimmed off
- 1 1/4 teaspoons ground ginger
- 3/4 teaspoon dried mustard
- 3/4 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 3 cup dried cranberries
- 1/2 cup raisins
- 1 cup gluten free, low sodium beef stock or gluten free, low sodium vegetable stock



Ingredients for the pumpkins

- 3 small sugar or pie pumpkins, about 2 pounds each

Optional for serving

- Gluten free burger buns or bread
- Barbecue sauce, pickles, coleslaw, etc.

Instructions for the pork

1. In a small mixing bowl, mix together spices. Sprinkle spices over both sides of meat and rub to coat evenly. Place pork loin into a 6-quart slow cooker.
2. In a medium mixing bowl, mix together dried cranberries, raisins, and broth. Pour on top of the pork.
3. Cover and cook on low for 10-12 hours, or high for about 5 to 6. Cook until the pork can be shredded easily with a fork.

Instructions for the pumpkins

1. When the pork is nearly ready, wash the outside of the pumpkins. Pat dry with a clean dish towel or paper towel. Then cut the top of the pumpkin off to make a nice lid. Scoop out all the seeds (save them for roasting!) and stringy bits.
2. Place pumpkin skin side up in a large glass baking dish. Add 1/4 inch of water and cover pan with plastic wrap and vent. Microwave on high for about 10 minutes) until pumpkin is tender but not caving in.
3. Spoon the pulled pork into the pumpkins.

To serve

1. When serving, scoop the inside of pumpkin along with the meat. Serve the pulled pork with the mashed pumpkin in bowls or on buns or bread to make pulled pork sandwiches.
2. Add your favorite barbecue sauce, pickles, coleslaw and other favorite pulled pork sandwich accompaniments if you wish.

DESSERT

Dairy Free Pumpkin Pie Fudge

Servings: Makes approximately 38 mini pies or 76 fudge balls

Total Time: 1 Hour 10 Minutes

Ingredients for fudge

- 2 cups **coconut butter**
- 1 (15 ounce) can **pumpkin puree**
- 2/3 cup **sorghum syrup**
- 1 teaspoon **gluten free vanilla**
- 1 teaspoon **ground cinnamon**
- 1/2 teaspoon **ground nutmeg**
- 1/2 teaspoon **ground ginger**
- 1/4 teaspoon **ground allspice**
- 1/4 teaspoon **ground cloves**
- 1/4 teaspoon **salt**
- 4 tablespoons powdered **monk fruit**



Ingredients for cinnamon sugar

- 1/4 cup powdered **monk fruit**
- 2 tablespoons **ground cinnamon**

Instructions for fudge

1. In a **medium saucepan** on low heat, warm coconut butter until melted.
2. Place heat on lowest setting. Fold in pumpkin puree, sorghum, spices, salt and monk fruit until thoroughly combined.
3. Remove from heat.

Instructions for cinnamon sugar

1. Combine monk fruit and ground cinnamon and place in a **pie plate** for rolling the pumpkin pie fudge balls in.

Instructions to make fudge balls

1. Using a **small cookie scoop**, measure out 2 teaspoons of fudge batter.
2. Dump fudge on to plate of cinnamon sugar and roll around until covered.
3. Pick up ball and roll on palm of your hand until you have a nicely shaped ball. (Note: if fudge batter is too sticky to handle, you may want to place it in the refrigerator to firm up a bit.)
4. Place fudge balls on a dish or tray, slightly apart, and put in the refrigerator to harden up for a few hours. Store balls in a **covered container** in the refrigerator.

Dairy Free Pumpkin Pie Fudge (continued)

To make mini pies:

1. Using a **small cookie scoop**, place 2 scoops into a **silicon baking cup**.
2. Holding the baking cup in the palm of your non-dominant hand, press fudge down with your fingers until flat.
3. Then press at the outer sides of the baking cup, so the sides of fudge are now straight up and not touching the insides of the baking cup. That way when you flip the cup over on to a tray, the mini pies will fall right out.
4. Sprinkle the top of the fudge mini pies with cinnamon sugar.
5. Flip the mini pie on to a tray or plate. Sprinkle the bottom with more cinnamon.
6. Place mini pies slightly apart on a tray or plate and place in the refrigerator to harden up for a few hours. Store fudge in a covered container in the refrigerator until it's time to eat.

Gluten Free Pumpkin Cranberry Bread Pudding

Servings: 16
Total Time: 2 Hours

Ingredients

- Cooking spray
- 24 ounces **gluten free bread**, stale but not hard
- 1 1/2 cup **dried cranberries**
- 4 eggs
- 3/4 cup egg whites
- 2 teaspoons **gluten free vanilla**
- 1 tablespoon **pumpkin pie spice**
- 1 teaspoon salt
- 1 1/2 cup powdered **monk fruit or stevia**
- 3 cups skim milk
- 1 12-ounce can fat free evaporated milk
- 2 15-ounce cans **pumpkin puree**



Instructions

1. Spray the inside of a **15x10x2-inch rectangular baking dish** with cooking spray and set aside.
2. Cut or tear bread into 1/2 inch pieces. You should have about 10 lightly packed cups of bread pieces. Place in a **large mixing bowl**.
3. Cover bread with dried cranberries.
4. In a medium bowl **whisk** eggs and egg whites.
5. Add vanilla, pumpkin pie spice, salt, monk fruit or stevia, skim milk, and condensed milk to eggs and whisk until blended.
6. Pour egg, spice and milk mixture over bread and cranberries. Mix together bread and liquids until bread is saturated. Let stand for 30 minutes periodically pressing the bread down with a spoon or spatula to help bread absorb the liquid.
7. Preheat oven to 350 degrees F.
8. Baked the pumpkin and cranberry bread pudding in a bain marie (water bath - see below) until puffed and firm in the center - about 1 1/2 hours.
9. Serve warm or cold, either plain or with whipped cream or ice cream.

How to create a water bath or bain marie for your bread pudding

1. Find a **baking dish that is larger** than your 2-quart baking dish.
2. Place your baking dish containing the bread pudding inside of the larger baking dish.
3. Fill the larger baking dish with 1/2 to 1 inch of water.
4. Open the oven door then carefully lower the dishes into the oven, close the door and bake.
5. If you're concerned that you may slosh the water into your bread pudding, place both dishes in the preheated oven first. Then pour the water from a measuring cup with a spout, a tea kettle or a water pitcher into the larger pan. Close the oven door and then bake your bread pudding.

Egg Free Chocolate Chip Pumpkin Cookies

Servings: 80 servings

Total Time: 45 Minutes

Ingredients

- 2 cups powdered monk fruit or stevia
- 1 cup Spectrum Organic Shortening
- 1 (15 ounce) can pumpkin puree
- 2 teaspoons gluten free vanilla
- 2 cups all-purpose flour or gluten free all-purpose flour
- 2 cups whole wheat flour or gluten free all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 12 ounces gluten free and dairy free mini semi-sweet chocolate chips



Instructions

1. Preheat oven to 375 degrees F.
2. Cream the sugar, shortening, pumpkin and vanilla together. Mix until light and well combined. If you're using a stand mixer, start slowly as the stevia can be powdery - too fast and you'll have a stevia cloud over your head!
3. Mix the flour, baking soda and ground cinnamon. Stir the flour mixture into the creamed mixture. Mix until combined. Stir in the chocolate chips. (You'll find the cookie batter is very dough like - that's OK.)
4. Measure out a tablespoon of the cookie dough. Roll into a ball and flatten it into a round disc. Place on an ungreased baking sheet.
5. Bake at 375 degrees F for 12 to 15 minutes or until set. Let cookies cool on a rack.