



**11 SIMPLE  
RECIPES FOR YOUR  
*PUMPKIN* *FIX***

***(WITHOUT THE EXTRA  
CALORIES AND GUILT!)***



When the air starts becoming crisp, social media starts blowing up with the #pumpkinspicelatte. It seems like the pumpkin cravings start happening as early as August and last through December and beyond.

And truth be told, I LOVE pumpkin treats! But often, they're full of sugar and super unhealthy. They're dense and calorie-laden and often covered in cream cheese.

But you obviously can't go eating treats like that regularly without some consequences for your waistline.

Which is why I'm offering this book to you as my gift!

Behold, my 11 healthy, delicious pumpkin recipes that will have you enjoying every moment of the season without the guilt.

And, if you don't know me already...

I guide and support men and women through an online program that combines cutting-edge fat loss strategies with incredibly effective workouts in a stress-free, positive environment. It can be done from anywhere in the world! If you're tired of trying to do it on your own, or frustrated from lack of results on whatever program you're trying, [we need to chat!](#)

Be sure to let me know which recipe is your favorite!

Jenni Ashton  
FASTer Way to Fat Loss Certified Coach

## Pumpkin Oatmeal

### Ingredients:

- ▶ ½ cup oats, uncooked
- ▶ ½ cup water
- ▶ dash of pumpkin pie spice
- ▶ extra dash of cinnamon
- ▶ ½ cup milk type of your choice

### Prepare:

1. Cook oats in all of the above ingredients according to directions for preparation on the packing.
2. Eat and enjoy!



## Simple Pumpkin Pancakes

### Ingredients:

- ▶ 1 cup pureed pumpkin
- ▶ 3 eggs
- ▶ Optional: ¼-½ tsp pumpkin pie spice

### Prepare:

1. Heat pan over medium heat.
2. Mix all ingredients together.
3. Use butter or cooking spray on the pan.
4. Add batter – as much as you want for the size of pancake you want.
5. Cook until the underside is brown and flip.





## ▶ Flourless Pumpkin Muffins

### Ingredients:

- ▶ 2 eggs
- ▶ 1 ¼ tsp vanilla extract
- ▶ ½ tsp baking soda
- ▶ 1/3 cup pumpkin puree (canned)
- ▶ 2/3 cup peanut butter (or preferred nut butter)
- ▶ 3 tbsp honey
- ▶ 1 tbsp pumpkin pie spice
- ▶ Dash of salt

### Prepare:

1. Preheat oven to 375.
2. Grease muffin cups or line with paper liners.
3. Use a hand mixer until all ingredients are combined
4. Fill muffin cups to about ¾ full.
5. Bake until tops look done – about 8 minutes but varies by oven.



## ▶ Pumpkin Protein Shake

### Ingredients:

- ▶ 2 tbsp pumpkin puree
- ▶ 1 scoop unflavored protein powder
- ▶ 1 banana frozen and broken into chunks prior to freezing
- ▶ 1 cup milk of choice
- ▶ ½ tsp cinnamon or pumpkin pie spice
- ▶ 1 tbsp peanut butter (or nut butter of choice)

### Prepare:

1. Blend everything together until smooth!
2. Add more or less milk depending on preferred thickness.

## Pumpkin Butter

### Ingredients:

- ▶ 8 oz canned pumpkin puree
- ▶ 1 ½ tsp pumpkin pie spice
- ▶ ¼ cup plus 2 tbsp honey, or maple syrup
- ▶ 3 tbsp apple juice or cider

### Prepare:

1. Combine all ingredients in a sauce pan and bring to a boil, stirring frequently.
2. Once boiling, reduce heat to simmer until thickened (about 20 min)
3. Continue stirring throughout.
4. Store in the fridge.



## Pumpkin Coffee Creamer

### Ingredients:

- ▶ 2 cups preferred milk (I like oat milk with this)
- ▶ ¼ cup honey or coconut sugar
- ▶ ¼ cup pumpkin puree
- ▶ 2 tbsp vanilla extract
- ▶ 2 tbsp pumpkin pie spice

### Prepare:

1. Mix in a blender to smooth.
2. Store in the fridge!





## ▶ No Bake Pumpkin Coconut Cookies

### Ingredients:

- ▶ ½ cup coconut oil
- ▶ ½ cup peanut butter (or nut butter of choice)
- ▶ ½ cup honey
- ▶ 1/3 cup pumpkin puree
- ▶ ¾ tsp vanilla extract
- ▶ 2 tsp pumpkin pie spice
- ▶ 2 ¼ cups shredded coconut

### Prepare:

1. Mix everything except shredded coconut in a bowl and microwave for 15-20 seconds
2. Add coconut and mix.
3. Hand shape into cookies and refrigerate at least 2 hours.
4. Store in fridge



## ▶ Pumpkin Energy Bites

### Ingredients:

- ▶ 2 cups rolled oats
- ▶ 1 tbsp chia seeds
- ▶ 2 ¼ tsp pumpkin pie spice
- ▶ 1 tsp vanilla
- ▶ 2 tbsp honey
- ▶ ½ tsp salt
- ▶ 2 tbsp peanut butter (or nut butter of choice)
- ▶ 1/3 pumpkin puree (canned)
- ▶ ¼ cup chopped walnuts

### Prepare:

1. Mix together dry ingredients.
2. Add in peanut butter, honey, vanilla, and pumpkin.
3. Mold into small balls and refrigerate at least 20 minutes before eating.
4. Store in the fridge.

## Pumpkin Soup

### Ingredients:

- ▶ 1 cup milk of choice
- ▶ 1 15 oz can pumpkin puree
- ▶  $\frac{3}{4}$  cup water
- ▶ 2 cups of broth – can use vegetable or chicken broth
- ▶ 1 chopped onion
- ▶  $\frac{3}{4}$  tsp pumpkin spice
- ▶ 1 tsp coconut oil
- ▶ Pepper to taste

### Prepare:

1. Heat saucepan over medium heat – melt coconut oil and cook onion to soft.
2. Add in pumpkin, water, broth, and pumpkin spice – bring to a boil.
3. Lower heat then simmer for 5-10 minutes before adding milk.
4. Once the mixture is hot, it's ready to eat! Do not boil once milk has been added.



## Roasted Pumpkin Seeds

### Ingredients:

- ▶ 2 cups raw, dry pumpkin seeds
- ▶ 2  $\frac{1}{2}$  tsp extra virgin olive oil
- ▶  $\frac{1}{2}$  tsp salt OR garlic salt

### Prepare:

1. Preheat oven to 325.
2. Spray baking sheet with non-stick cooking spray.
3. Mix seeds with olive oil and salt/garlic salt.
4. Spread seeds to a thin layer and cook until brown – 20-30 minutes.
5. Stir half way through cooking.





## ▶ Healthy Pumpkin Ice Cream

### Ingredients:

- ▶ 6 small bananas – VERY RIPE – broken into pieces before freezing
- ▶ ½ cup canned pumpkin puree

### Prepare:

1. Blend bananas and pumpkin in a blender until smooth.
2. Taste and add honey or maple syrup if you need it sweeter.
3. Serve with a sprinkle of cinnamon...or even a few chocolate chips.





So, there you have it!

You can have your pumpkin and eat it too!

If ongoing support with your fitness and nutrition is something you know you need, I am here to help!

Email me at [fasterwaywithjenni@gmail.com](mailto:fasterwaywithjenni@gmail.com) and we can talk about how to get you on track so that you can achieve your health and fitness goals!

You can also follow me on Instagram:  
[www.instagram.com/jenni.lifts.n.eats](https://www.instagram.com/jenni.lifts.n.eats)

See you soon!

Jenni Ashton

FASTer Way to Fat Loss Certified Coach