



# Plant-Based Pumpkin Season

With Robin + Jules, founders of Plant-Based Point  
& authors of *Beefless Cakes: Easy Plant-Based Recipes*

# Join us for additional virtual programs!

November 15<sup>th</sup> at 6:30pm **Food & Water Safety for the Holidays**

January 11<sup>th</sup> at 7:00pm **Re-set Your Health & Budget in the New Year**



# All things pumpkin





**"I'm vegan because it's the simplest way to protect our health, non-human animals, and the single planet we share."**

-Jules Schnedeker, PMP, MA



**INSTITUTE FOR  
HUMANE EDUCATION**

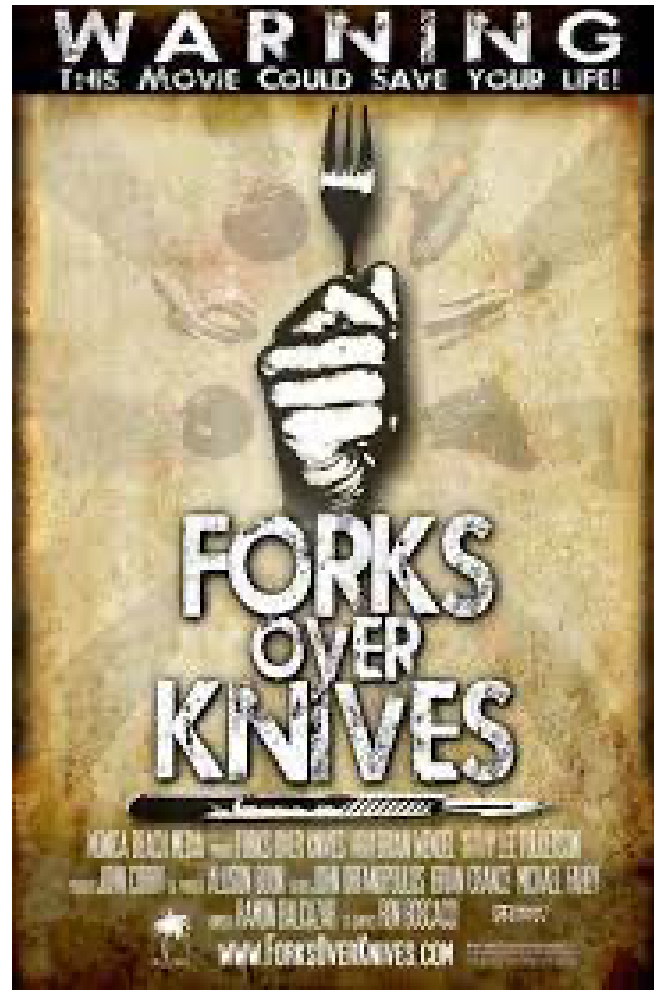


T. COLIN CAMPBELL  
Center for Nutrition Studies  
**Plant-Based Nutrition  
Certificate Program**  
nutritionstudies.org



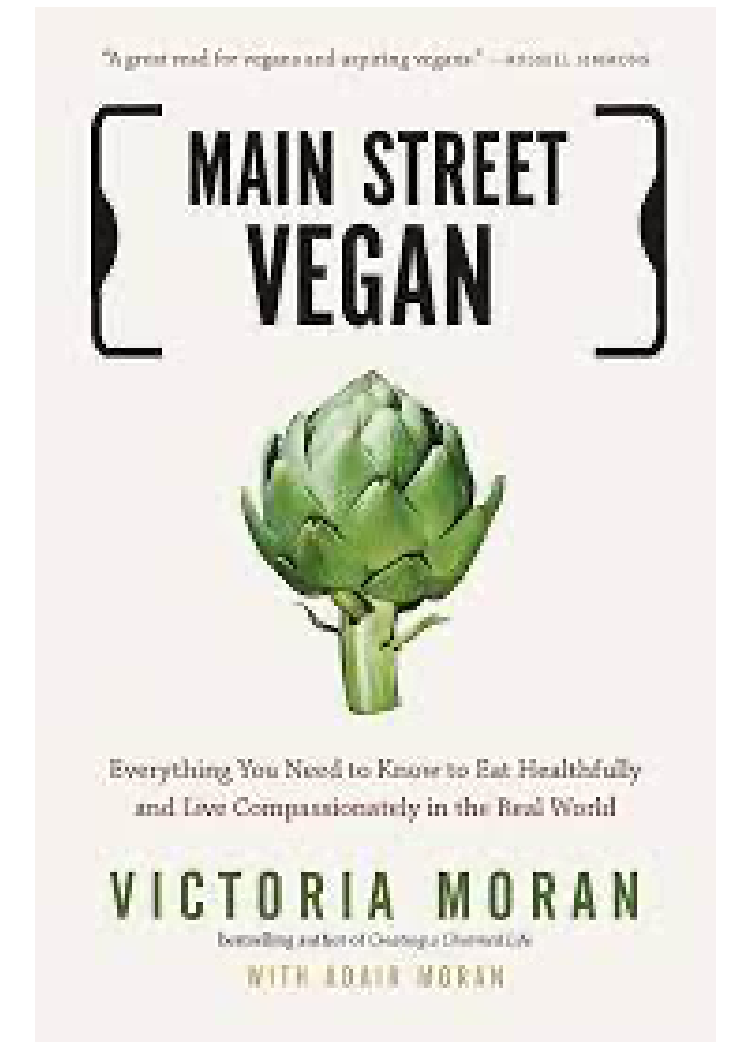
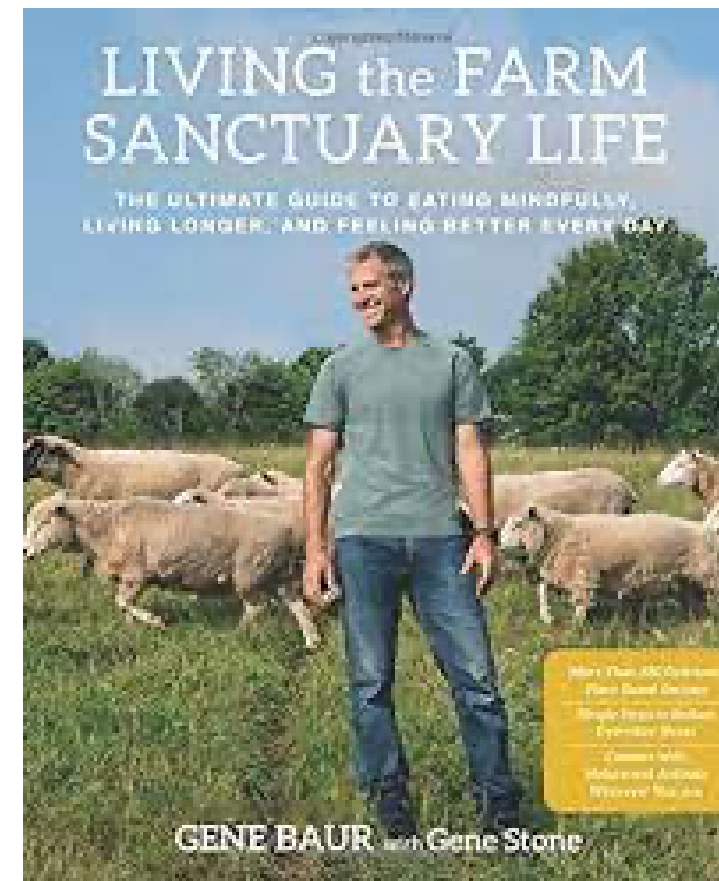
**"I have always believed we should match our plate with our heart. After I had kids I took this idea and put it into action by going plant-based and raising my kids vegan."**

-Robin Coarts, MA, MEd



  
DREENA BURTON

*Dr. Fuhrman*



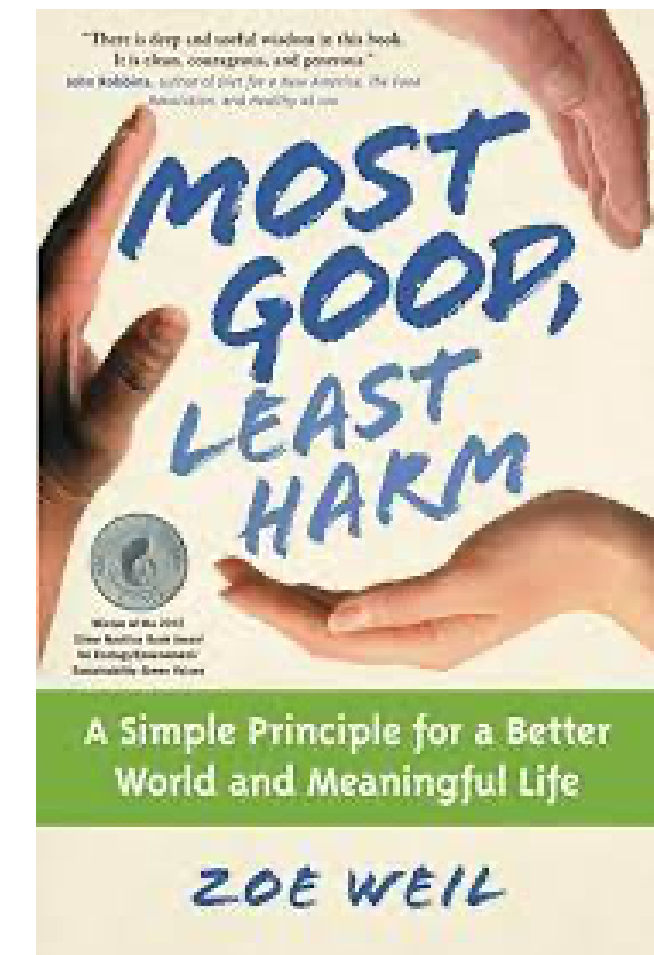
The Health Film That Health Organizations Don't Want You To See.

**WHAT THE HEALTH**

FROM THE CREATORS OF THE AWARD-WINNING FILM 'CONSPIRACY'



 NutritionFacts.org



PLANT-BASED  POINT



Find What's in Season Near You.  
<https://www.seasonalfoodguide.org/>



Maryland



Late October



Any Produce



## Produce Available in Maryland in Late October



### Apples

Worldwide, there are more than 7 500 known varieties



### Asian Pears

These rough-skinned fruits are crisp and juicy, and



### Basil

For all varieties, choose fresh basil leaves that are

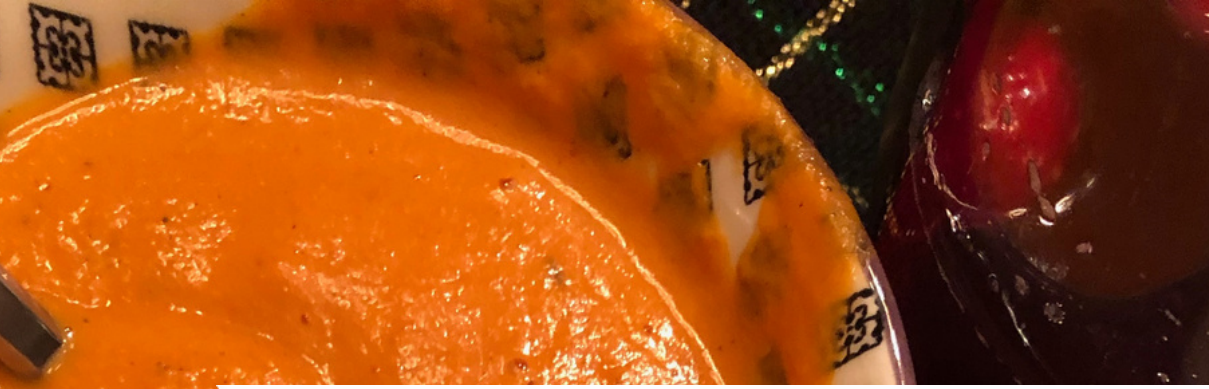


### Bok Choy

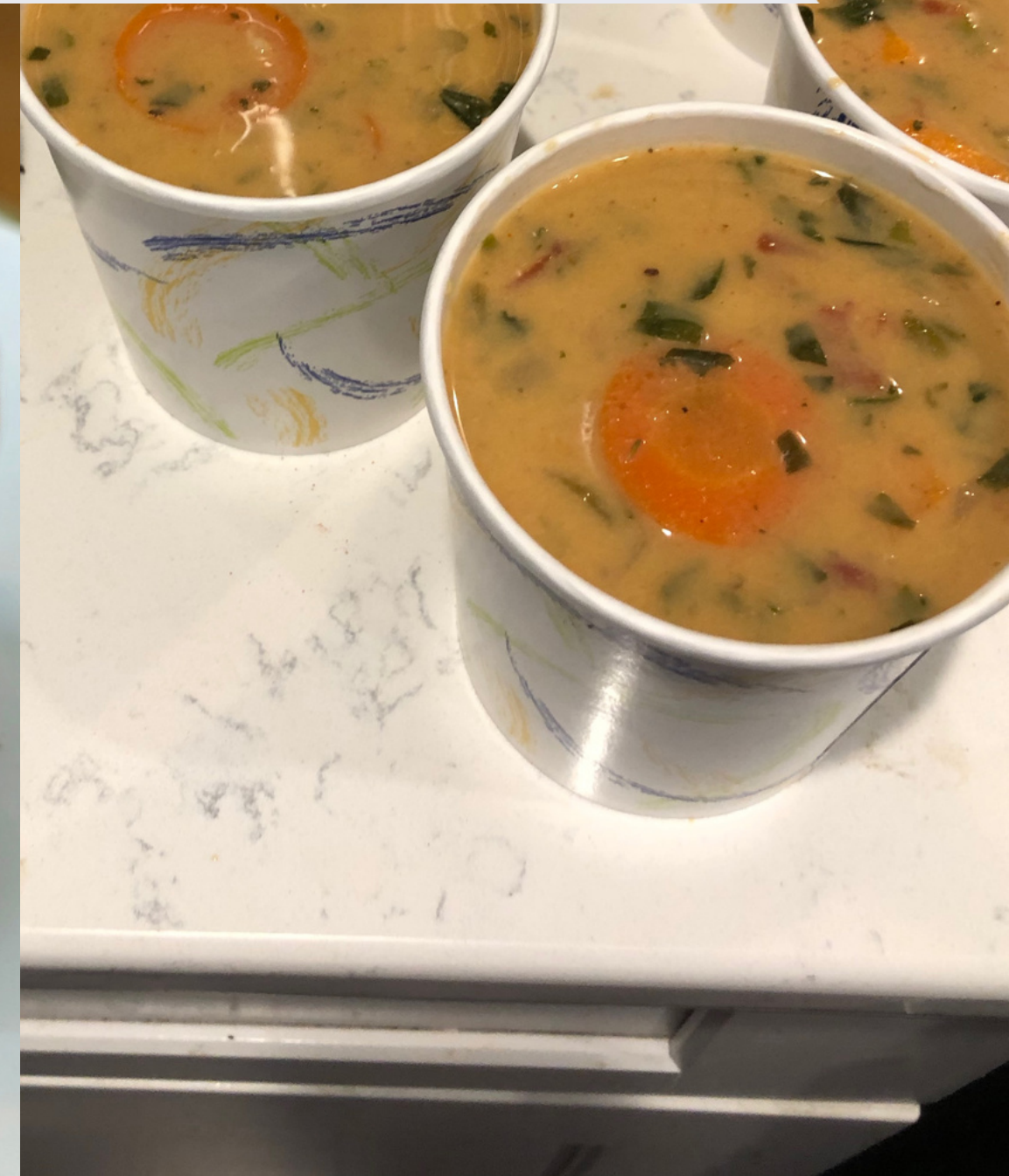
Bok choy (or pok choy) stalks should be firm and



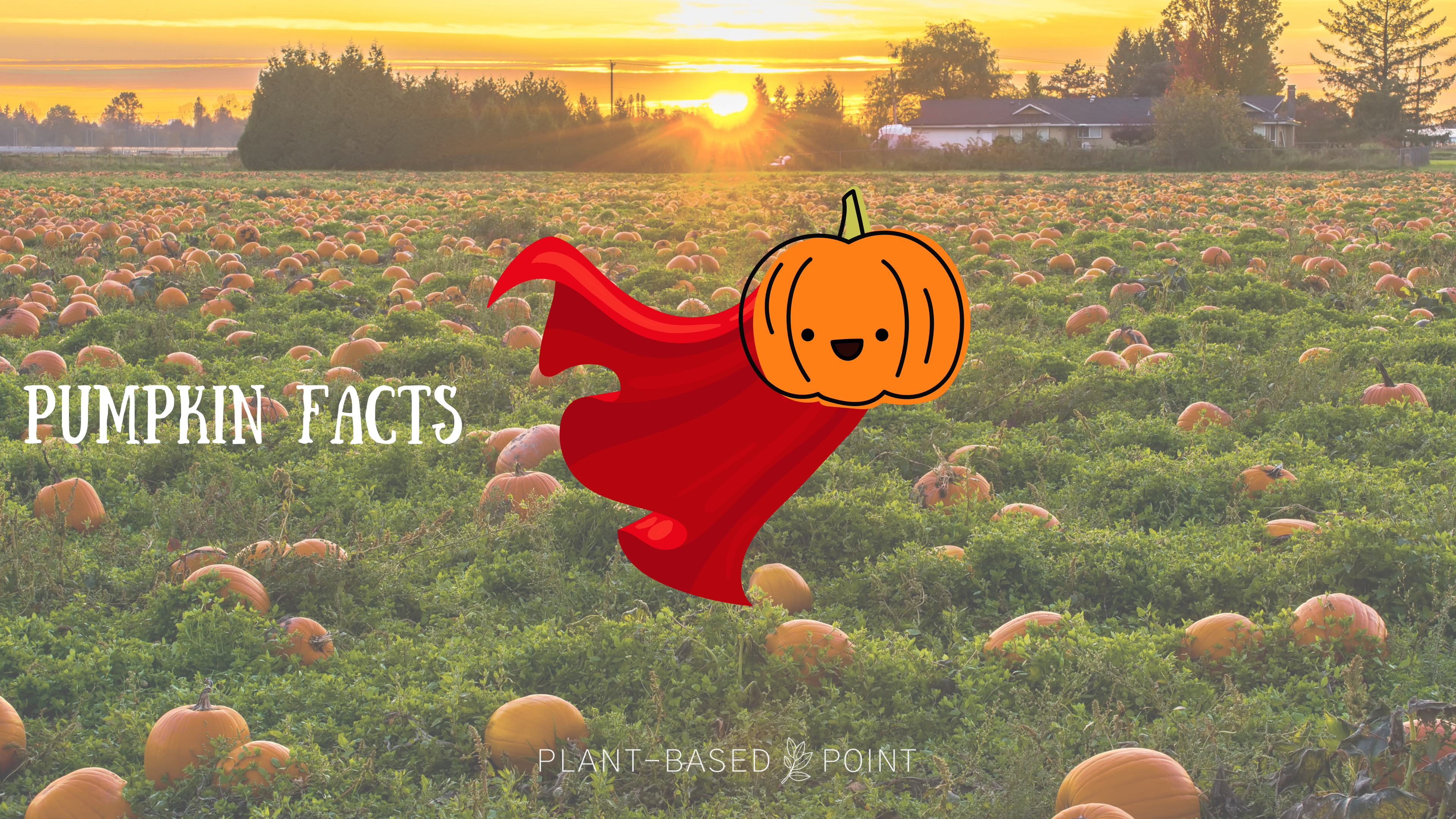
Match your plate with your heart.



Fall foods are the best foods....







# PUMPKIN FACTS

# ROASTED PUMPKIN SEEDS

**preheat 350\***

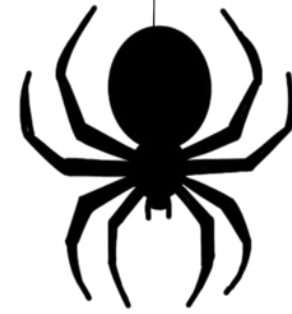
**rinse seeds with water, pat dry**

**pick your flavor (sweet or savory)**

**spread evenly**

**bake 15 min, toss every 5**





A QUICK NOTE ABOUT HALLOWEEN....

Did someone say pumpkin **SPICE?**

NUTRITIONAL YEAST  
SAGE  
CINNAMON  
ALLSPICE  
CURRY POWDER

CHILI FLAKES  
CUMIN  
GARAM MASALA  
CORIANDER  
OREGANO

PUMPKIN PIE **SPICE** MIX

- 2 TSP GROUND **CINNAMON**
- 1/8 TSP GROUND **NUTMEG**
- 1/4 TSP GROUND **GINGER**
- 1/4 TSP GROUND **CLOVES**
- 1/2 TSP GROUND **ALLSPICE**



I experimented with **pumpkin** all month.  
Here's what happened.



# EXPERIMENT 1 of 6: Pumpkin Curry

## WINNER



- 1 small onion (any variety), chopped
- 1 TBSP fresh minced or 1 tsp dried ginger
- 1 clove garlic, minced
- 1 TBSP vegan butter or oil
- 1 can (15 oz) pumpkin puree
- 1 can (13.5 oz) full fat coconut milk
- 1/2 - 1 can water or vegetable broth to thin sauce (optional)
- 1/2 cup peas (or other favorite veg!)
- 3/4 cup cubed tofu, chickpeas, vegan chick'n, or other plant-based protein
- 1 TBSP (or more) curry powder
- 1/2 TBSP paprika
- Pinch of cayenne or crushed red pepper (optional)
- Large bunch of your favorite greens, rinsed and chopped
- Salt and pepper to taste
- Optional toppings: chopped pepitas, nutritional yeast, scallions and/or cilantro

In a medium saucepan over medium high heat, heat vegan butter or oil. Add chopped onion and cook until translucent (5-10 mins). Next add ginger and garlic and cook, stirring frequently, for 1-2 minutes. Stir in pumpkin and coconut milk and bring to a low simmer. Add peas, plant-based protein, spices, and greens, stirring until greens are wilted.

Add salt and pepper to taste, adjusting seasonings as desired. Serve with optional toppings on its own or with rice.

Freeze leftovers or store in air-tight containers in fridge for up to 7 days.

# EXPERIMENT 2 of 6: Pumpkin Quesadillas

## LOSER (SORT OF)

Recipe from:

<https://www.shelikesfood.com/pumpkin-quesadillas/>

### PROS:

- 🍂 Nutritious
- 🍂 Easy
- 🍂 Adaptable

### CONS:

- 🍂 Pasty
- 🍂 Bland
- 🍂 Should have used green chiles!

### TIPS:

- 🍂 Mix all ingredients before spreading into tortilla
- 🍂 Season generously
- 🍂 Sub the beans for heartier plant-based protein for less pastiness



# EXPERIMENT 3 of 6: Pumpkin Coffee Cake





## WINNER

Recipe from:




<https://www.noracooks.com/pumpkin-coffee-cake/#wprm-recipe-container-15688>



### PROS:

-  Relatively easy
-  Generous crumb topping
-  Kept well despite recipe saying it's best the first day
-  Fooled the non vegans!

### TIPS:

-  Glaze not necessary
-  I used Oatly full fat instead of soy milk
-  Didn't have pumpkin pie spice; just used nutmeg and cinnamon



# EXPERIMENT 4 of 6: Pumpkin Salad Dressing

## LOSER (SORT OF)

Recipe from:

<https://hellofrozenbananas.com/pumpkin-tahini-salad-dressing/>



### PROS:

- 🍠 Nutritious
- 🍠 Easy
- 🍠 Adaptable

### CONS:

- 🍠 Grainy
- 🍠 Unusual flavor
- 🍠 Wrong texture for salad greens

### TIPS:

- 🍠 Play around with different vinegars
- 🍠 Consider adding fresh ginger
- 🍠 Try sour cream or mayo instead of tahini

# EXPERIMENT 5 of 6: Curried Pumpkin Lentil Stew

## WINNER



- 1 small onion (any variety), chopped
- 1/2 cup chopped carrots
- 1 TBSP fresh minced or 1 tsp dried ginger
- 3 cloves garlic, minced
- 1 TBSP vegan butter or oil
- 1 can (15 oz) pumpkin puree
- 1 can (13.5 oz) full fat coconut milk
- 3 cups water or vegetable broth
- 1 cup lentils (any variety), rinsed
- 1 TBSP (or more) curry powder
- 1/2 TBSP paprika
- Pinch of cayenne or crushed red pepper (optional)
- Large bunch of your favorite greens, rinsed and chopped
- Salt and pepper to taste
- Optional toppings: chopped pepitas, nutritional yeast, scallions and/or cilantro

In a medium saucepan over medium high heat, heat vegan butter or oil. Add chopped onion and cook until translucent (5 min). Next add carrots and cook until they begin to just soften (5 min). Add ginger and garlic and cook, stirring frequently, for 1-2 minutes. Stir in spices, lentils, water or broth, and coconut milk and bring to a boil. Reduce to a simmer and simmer until lentils are cooked (20-60 mins; will depend on lentil type - check package). You can add more water or broth if it becomes too thick for your liking.

Add salt and pepper to taste, adjusting seasonings as desired. Serve with optional toppings on its own or with rice or pita.

Freeze leftovers or store in air-tight containers in fridge for up to 7 days.

# EXPERIMENT 6 of 6: Pumpkin Cheesecake

## WINNER

Recipe from:

<https://natashaskitchen.com/pumpkin-cheesecake-recipe/>  
*substitute eggs, butter, and cream cheese with vegan dairy substitutes\**



### PROS:

- 🍁 Will fool any non vegan
- 🍁 Tastes better each day (best days: 2-4)
- 🍁 Great make-ahead dessert

### CONS:

- 🍁 Labor intensive
- 🍁 Expensive
- 🍁 Requires special (springform) pan

### TIPS:

- 🍁 \*Recommend Just egg, Miyokos butter, and your favorite vegan cream cheese
- 🍁 Add the coconut whipped cream - WHOA (caramel sauce not necessary)
- 🍁 Thoroughly mix filling
- 🍁 Try ginger snaps instead of graham crackers for crust

# Where I Found the Least **SCARY** Deals



THE REVIEWS  
ARE IN



7/10

Must like pumpkin spice.  
Sweet. Great creamy texture.



6.5/10

Can't go wrong with cinnamon rolls,  
but these weren't very pumpkin-y.



5/10

Not very sweet (good), but not as thick  
and creamy as Oatly (not so good).  
Better shaken with ice and whiskey ;-)

# HOLIDAY PREP TIPS



[Pie Recipe](#)





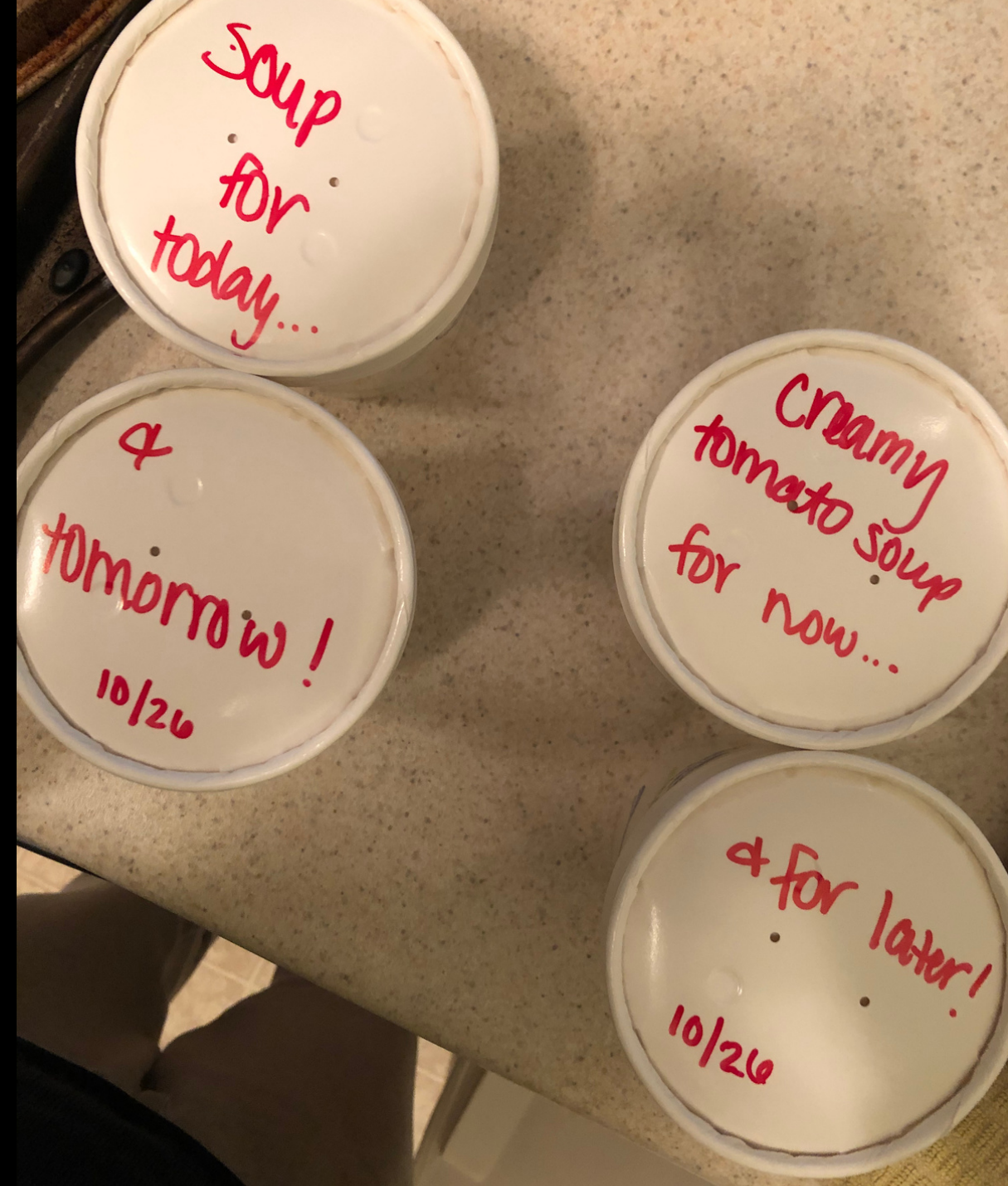
**FREEZER FRIENDLY**

Soup  
Pot Pie  
Chili  
Casserole  
Rice  
Muffins  
Breakfast Burritos

Chili

Muffins

Tomato Soup  
HERE





HOT TAKE

Let me help you clean up those pumpkin carvings!

# PLANT-BASED POINT



BEEFLESS CAKES

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## Our Favorite Pantry Staples

- Nutritional yeast
- Raw cashews
- Tahini
- Vegetable broth
- Dried beans (chickpeas, mung beans, black beans)
- Grains (brown rice, quinoa, bulger)
- Coconut aminos
- Spices (smoked paprika, garlic powder, dill, oregano)
- Coconut milk



Looking for more in-depth guidance on setting up your plant-based kitchen? Take a peek at our [1-on-1 coaching packages!](#)



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**THANK YOU!**

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