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Roasted Pumpkin Seeds

Ingredients

- 1 cup raw pumpkin seeds (rinsed and patted dry)
- 1–2 teaspoons avocado oil
- ½ teaspoon fine sea salt (Baja Gold)
- Optional flavor add-ins (choose one or mix a few):
  Savory: ¼ teaspoon garlic powder + ¼ teaspoon smoked paprika
  Sweet: ¼ teaspoon cinnamon + pinch of sea salt + drizzle of pure maple syrup
  Spicy: pinch of cayenne or chili powder

Instructions

Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper.

Clean the seeds:

Scoop seeds from your pumpkin, separate them from the pulp, and rinse under cool water. Spread them on a towel and pat dry.

Toss and season:

In a bowl, combine seeds, oil, and your chosen seasonings. Toss until evenly coated.

Roast:

Spread the seeds in a single layer on the baking sheet. Bake for 20–30 minutes, stirring once or twice, until they're golden and fragrant. Cool completely before storing — they'll crisp up more as they cool.

Flavor Variations to Try

- Turmeric-Lime: ½ tsp turmeric + zest of ½ lime
- Rosemary-Garlic: 1 tsp chopped rosemary + garlic powder
- Coconut-Cinnamon: Toss in 1 tsp melted coconut oil + dash of cinnamon before roasting

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3-Ingredient No-Bake Pumpkin Yogurt Custard

Ingredients

- 1 cup 100% pure pumpkin puree (unsweetened)
- 1 cup plain Greek yogurt (full-fat or 2%, depending on your texture preference)
- ½–1 teaspoon ground cinnamon (adjust to taste)
- Optional: 1 teaspoon honey
- Optional garnish: sprinkle of extra cinnamon, crushed pecans, or pumpkin seeds

Instructions

In a medium bowl, whisk together pumpkin puree, Greek yogurt, and cinnamon until smooth and creamy.

Taste and adjust, add a touch of honey if you'd like a hint of sweetness.

Spoon into small ramekins or glasses.

Chill for at least 30 minutes (or up to overnight) so the flavors deepen and the texture firms slightly.

Before serving, top with a dusting of cinnamon or a few toasted seeds for crunch.

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Clean Crockpot Applesauce (No Added Sugar)

Ingredients

- 8–10 medium apples (a mix of sweet and tart works best, think Fuji, Gala, Honeycrisp, and a few Granny Smith)
- ½ cup water
- 1–2 teaspoons ground cinnamon (optional but highly recommended)
- Optional add-ins:
- ½ teaspoon vanilla extract
- pinch of nutmeg or cloves for warmth
- juice of ½ lemon (if you like a touch of brightness)- I use juice of 1/2 orange

Instructions

Prep the apples: Peel (optional for texture), core, and chop into chunks.

Load the crockpot: Add apples, water, and cinnamon (plus any optional add-ins). Stir to combine.

Cook:
On LOW for 6–8 hours, or
On HIGH for 3–4 hours, until the apples are soft and falling apart.

Mash or blend:
For chunky applesauce, use a potato masher.

For smooth applesauce, blend with an immersion blender or transfer to a regular blender.

Taste: No sugar needed if you use naturally sweet apples.

Cool & store: Let it cool, then refrigerate up to a week or freeze up to 3 months.

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