

8 Delicious Healthy Recipes

PUMPKIN DESSERTS

FROM PATTY WILSON



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Pumpkin Pie Cream Cheese Muffins



INGREDIENTS

- Cream Cheese Filling:
- 6 oz cream cheese softened
- 3 tablespoon powdered Swerve Sweetener
- Pumpkin Muffins:
- 2 cups almond flour
- ½ cup Swerve Sweetener
- 2 teaspoon baking powder)
- ½ teaspoon salt
- 2 large eggs
- ½ cup pumpkin puree
- ¼ cup butter melted
- ¼ cup water

DIRECTIONS

- Cream cheese filling
- Beat the cream cheese with the powdered sweetener until smooth. Set aside.
- Muffins:
- Preheat the oven to 325oF and line a muffin tin with parchment or silicone liners.
- In a medium bowl, whisk together the almond flour, sweetener, baking powder,, and salt.
- Add the eggs, pumpkin puree, melted butter, and water. Mix until well combined.
- Drop a spoonful of batter into the bottom of the prepared muffin tins and use a spoon to make a well in the center of each. Drop a tablespoon of cream cheese filling into the well, then top with more batter to cover.
- Bake 23 to 25 minutes, or until the tops are set and the edges are just browned. Let cool completely in the pan.

Pumpkin Nutty Bar



INGREDIENTS

- 1 cup almond butter
- 1/3 cup sugar-free maple syrup or a keto-friendly sweetener
- 1 cup canned pumpkin puree
- 2 cups gluten-free rolled oats
- 2/3 cup unsweetened whey protein powder (vanilla or unflavored)
- 1/4 cup chopped nuts (e.g., almonds, pecans, or walnuts)
- 1/4 cup unsweetened shredded coconut
- 1 teaspoon pumpkin pie spice (or a mixture of cinnamon, nutmeg, and cloves)
- A pinch of salt

DIRECTIONS

- Line an 8x8 inch square baking pan with parchment paper. In a microwave-safe bowl, combine the almond butter, sugar-free maple syrup & pumpkin puree. Microwave in 20-second intervals stirring in between, until the mixture is smooth.
- Combine the rolled oats, protein powder, chopped nuts, shredded coconut, pumpkin pie spice and a pinch of salt. Pour the wet mixture into the dry ingredients. Stir well until all the ingredients are thoroughly combined. The mixture should be sticky and hold together.
- Transfer the mixture to the prepared baking pan. Use a spatula or your hands to press it down firmly and evenly then place the pan in the refrigerator, let it chill for at least 2 hours, or until the bars have set.
- Cut into Bars: Once the bars are firm, lift them out of the pan using the parchment paper overhang. Place them on a cutting board and cut them into the desired bar size.
- Store: Store the Pumpkin Protein Bars in an airtight container in the refrigerator. They can also be individually wrapped for easy grab-and-go snacks.

Pumpkin Cinnamon Roll Quesadillas



INGREDIENTS

- 2 Siete almond flour tortillas (or your preferred Siete tortilla variety)
- 1/2 cup canned pumpkin puree (unsweetened)
- 2 tablespoons almond butter
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg (optional)
- 1/4 teaspoon vanilla extract
- 1-2 tablespoons keto-friendly sweetener like stevia
- Coconut oil or butter for cooking

DIRECTIONS

- In a bowl, combine the canned pumpkin puree, almond butter, cinnamon, nutmeg and keto-friendly sweetener. Mix until well combined. Taste and adjust the sweetness to your liking.
- Spread half of the pumpkin mixture evenly over the tortilla, leaving a small border around the edges. Place the second tortilla on top, creating a quesadilla.
- Cook the Quesadilla: Heat a skillet over medium-low heat. Add a small amount of coconut oil or butter to prevent sticking. Carefully place the quesadilla in the skillet and cook for about 2-3 minutes on each side, or until it's golden brown and slightly crispy.
- Remove the quesadilla from the skillet and let it cool for a minute. Use a sharp knife to cut it into wedges or squares.
- Optional Toppings: Serve your Keto Pumpkin Cinnamon Quesadillas with a dollop of sugar-free whipped cream, a sprinkle of chopped nuts, or a drizzle of sugar-free syrup for added indulgence.

Pumpkin Collagen Protein Balls



INGREDIENTS

•Ingredients

- 1 cup almond butter Can use any smooth nut or seed butter of choice
- 2 tablespoon pumpkin puree
- 1 tablespoon pumpkin pie spice See post for recipe
- 2-3 tablespoon coconut flour * See notes
- 1/4 cup maple syrup

DIRECTIONS

- In a large mixing bowl, combine your almond butter with pumpkin puree and mix well.
- Add your coconut flour, pumpkin pie spice and liquid sweetener and mix until fully incorporated, and a thick batter remains. If the batter is too thin, add a little extra coconut flour.
- Line a large plate with parchment paper. Using your hands, form 18 small balls and place in the plate. Refrigerate until firm.

Pumpkin Banana Cake



INGREDIENTS

For the Cake:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 cup canned pumpkin puree (unsweetened)
- 2 ripe bananas, mashed
- 1/3 cup keto-friendly sweetener
- 1/4 cup melted coconut oil or butter
- 3 large eggs
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- A pinch of salt

For the Cream Cheese Frosting:

- 4 oz cream cheese, softened
- 2 tablespoons powdered keto-friendly sweetener
- 1/2 teaspoon vanilla extract

DIRECTIONS

- Preheat your oven to 350f. Spray nonstick oil a 8x8 inch square baking pan w/parchment paper. In a large mixing bowl, combine the almond flour, coconut flour, baking powder, baking soda & a pinch of salt & mix well.
- In another bowl, whisk together the mashed bananas, canned pumpkin, melted coconut oil or butter, keto-friendly sweetener, eggs, and vanilla extract until smooth. Pour the wet mixture into the dry ingredients and stir until thoroughly combined. Transfer the cake batter into the prepared baking pan and smooth the top.
- Bake in the preheated oven for 30-35 minutes or until a toothpick inserted into the center comes out clean and the cake is firm to the touch.
- Remove the cake from the oven and allow it to cool in the pan for about 10 minutes. Then, transfer it to a wire rack to cool completely.
- For the Cream Cheese Frosting:
- In a mixing bowl, beat the softened cream cheese until it's creamy and smooth.
- Add the powdered keto-friendly sweetener and vanilla extract to the cream cheese. Beat until well combined and the frosting is fluffy.
- Once the cake has completely cooled, spread the cream cheese frosting evenly over the top of the cake.

No Bake Pumpkin Seed Pumpkin Cookies



INGREDIENTS

- 1 cup almond flour
- 1/4 cup unsweetened shredded coconut
- 1/4 cup pumpkin seeds (pepitas), lightly toasted
- 1/4 cup canned pumpkin puree (unsweetened)
- 1/4 cup powdered keto-friendly sweetener
- 1/4 cup almond butter (unsweetened)
- 3 tablespoons coconut oil (melted)
- A pinch of salt

DIRECTIONS

- Line a baking sheet with parchment paper or a silicone baking mat.
- In a skillet over medium heat, lightly toast the pumpkin seeds for a few minutes until they become fragrant and start to pop. Remove them from the heat and let them cool.
- In a bowl, combine the almond flour, shredded coconut, toasted pumpkin seeds, powdered sweetener, pumpkin pie spice, and a pinch of salt.
- In a microwave-safe bowl, melt coconut oil then stir almond butter, canned & pumpkin puree until you have a smooth mixture. Pour the wet mixture into the dry ingredients. Stir well until everything is evenly combined. You should have a slightly sticky dough.
- Scoop out spoonfuls of the dough and shape them into cookie-sized rounds. Place them on the prepared baking sheet. Place the baking sheet with the formed cookies in the refrigerator for at least 30 minutes.
- Serve!

Cinnamon Apple Muffins



INGREDIENTS

- 1 cup almond flour
- 3 Tbsp coconut flour
- 1 pc apple, diced
- 3 pcs eggs, beaten
- 2-3 Tbsp honey
- 1-2 Tbsp cinnamon (depending on how much you like cinnamon)
- ¼ cup coconut oil
- ½ tsp baking soda

DIRECTIONS

- Heat oven to 350°F. Take a large mixing bowl and add flours, cinnamon, and baking soda. Mix.
- Once mixed, add apples, eggs, honey, and coconut oil to the mixture and mix well again. Prepare muffin tin with liners and add batter.
- Place tin in the oven and bake for 30 minutes or until done.

Easy Pumpkin Cookies

INGREDIENTS

- 1 1/2 cups almond flour
- 1/2 cup cottage cheese
- 1/4 cup canned pumpkin puree
- 1/3 cup swerve sweetener (or sweetener of choice)
- 1/4 cup chopped walnuts or pecans (optional)



DIRECTIONS

- **Preheat the Oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- In a mixing bowl, combine the almond flour, canned pumpkin puree, powdered swerve or your chosen sweetener, and cottage cheese. Mix until well combined.
- Drop spoonfuls of the cookie dough onto the prepared baking sheet, spacing them about an inch apart. You can flatten them slightly with the back of a spoon or fork.
- Place the baking sheet in the preheated oven and bake for about 12-15 minutes or until the cookies are golden brown around the edges and set in the middle.
- Remove the cookies from the oven and let them cool on the baking sheet for a few minutes. Then, transfer them to a wire rack to cool completely.