

FOUR FALL RECIPES

PERFECT PUMPKIN SEEDS

Vegetarian, Gluten free

— INGREDIENTS —

- seeds from 2 large pumpkins
- ½ tsp seasoned salt
- ½ Tbsp olive oil
- dash of salt

— INSTRUCTIONS —

Scrape out and remove seeds from two pumpkins. Wash and clean seeds, making sure to remove any unwanted pumpkin rinds or deformed seeds. Rinse in a colander. Soak the clean seeds in a bowl full of water for ½ hour on kitchen counter or overnight in the refrigerator.

Drain the seeds, discard the water, and preheat oven to 350 degrees F.

Fill a pot with water and a dash of salt (enough water so that it will cover the seeds). Bring the water to a boil. Place seeds into the water and boil gently for about 10 minutes. This helps cook the insides of the seeds so they will have the perfect crunch after roasting.

Turn off the heat and drain the seeds and place back into your empty bowl. Toss seeds with olive oil. Lay out seeds in thin layer onto a cookie sheet. Sprinkle with seasoned salt. Place in oven. Move and turn the seeds over about every 10 minutes, making sure they are not burning. Seeds are done after about 40 minutes or when they become firm. You do not want dark spots on your seeds, you want them to be a golden color. Season with additional salt if desired. Remove from oven and allow to cool. Place into a clean mason jar. Enjoy!

ROASTED BUTTERNUT SQUASH WITH ROSEMARY AND BALSAMIC VINEGAR

Vegetarian, Gluten free

— INGREDIENTS —

- 2 lbs butternut squash cubes (about 6 cups)
- 2 Tbsp extra virgin olive oil
- 1 Tbsp + 1-2 tsp. best quality balsamic vinegar
- 1 tsp very finely chopped fresh or frozen rosemary, or slightly less dried rosemary (be sure it's especially finely chopped if you use dried rosemary)
- sea salt (to taste)
- fresh ground black pepper (to taste)

— INSTRUCTIONS —

Preheat oven to 400 F/200C. Mix together the olive oil, 1 Tbsp balsamic vinegar, and rosemary, then toss squash cubes with the mixture.

Arrange the squash on a cookie sheet or dish large enough to hold it in a single layer. Roast 20 minutes, then turn squash and roast about 20 minutes more, or until squash is very soft and starting to get slightly caramelized.

Remove from oven and toss squash with additional 1 tsp balsamic vinegar, sea salt, and pepper. Mash slightly for smoother texture. Serve hot.

HEALTHY PUMPKIN OATMEAL BLENDER PANCAKES

Vegetarian, Gluten free

— INGREDIENTS —

- 1 (15 oz) can pumpkin, pure
- 2 eggs, large
- 2 cups rolled oats
- 1/4 cup maple syrup, pure (optional)
- 2 tsp pumpkin pie spice

— INSTRUCTIONS —

Add all ingredients to a blender and puree until batter is smooth.

Heat a large non-stick skillet over medium heat and coat generously with non-stick cooking spray or butter. Using a cookie or ice cream scoop, drop 3-4 tablespoons of the batter onto the hot skillet. Use the back of the scoop or a spatula to spread the batter into a circle, if necessary. Cook about 2-3 minutes per side, flipping once, until pancakes start to brown just a little on each side and are cooked all the way through. Remove to a platter or baking sheet and keep warm in the oven while you cook the remaining batter into pancakes.

Serve with maple syrup.

HEALTH(IE) PUMPKIN SMOOTHIE

Vegetarian, Gluten free

— INGREDIENTS —

- 1 banana, large
- 1/2 cup pumpkin puree, pure
- 1 pinch nutmeg (to taste)
 - 1/2 tsp pumpkin pie spice (to taste)
- 3 Tbsp almond milk (add more or less based on desired creaminess)
- 6 oz vanilla yogurt
- 6 ice cubes

— INSTRUCTIONS —

Blend together and enjoy!

We hope you enjoy these fall recipes!

For more recipes and tips on healthy living, follow us online @santacruzcore or visit our website at www.santacruzcore.com!

