

## Pumpkin Spice and Everything Nice

As the leaves change colors and the air gets cool, you can turn to these sweet and pumpkin spicy recipes to help lift your fall spirits.

### **Pumpkin Spice Latte**

#### Ingredients

- 1 cup hot coffee
- 2 tbsp canned pumpkin
- 1 cup unsweetened vanilla almond milk, heated if desired
- 1/4 teaspoon pumpkin pie spice
- Sweetener to taste (optional)



#### Directions

1. Whisk together 1/3 cup coffee with the remaining ingredients in a tall glass or mix in a blender.
2. Carefully pour the pumpkin mixture into the remaining coffee and serve immediately.

### **Pumpkin Chocolate Chip Cookies**

#### Ingredients

- 1 cup (2 sticks) unsalted butter, softened
- 1 cup white sugar
- 1 cup light brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup canned pumpkin puree
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger



- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves

### Directions

1. Heat the oven to 350 degrees F. Spray cookie sheets with nonstick spray or line them with parchment paper.
2. Using a mixer, beat the butter until smooth. Beat in the white and brown sugars, a little at a time, until the mixture is light and fluffy. Beat in the eggs 1 at a time, then mix in the vanilla and pumpkin puree.
3. In a large bowl, whisk together the flour, baking soda, salt, cinnamon, ginger, nutmeg, and cloves. Slowly beat the flour mixture into the batter in thirds. Stir in the chips.
4. Scoop the cookie dough by heaping tablespoons onto the prepared cookie sheets and bake for 15 to 20 minutes, or until the cookies are browned around the edges.
5. Remove the cookie sheets from the oven and let them rest for 2 minutes. Take the cookies off with a spatula and cool them on wire racks.

## **Frozen Pumpkin Mousse Pie**

### Ingredients

#### *Crust*

- 30 small gingersnap cookies, (about 7 1/2 ounces)
- 2 tablespoons raisins
- 1 tablespoon canola oil

#### *Filling*

- 1 cup canned pumpkin puree
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened



### Directions

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.

2. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
4. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

Sources:

- <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2235219>
- <http://www.foodnetwork.com/recipes/pumpkin-chocolate-chip-cookies-recipe.html>
- [http://www.eatingwell.com/recipes/frozen\\_pumpkin\\_mousse\\_pie.html](http://www.eatingwell.com/recipes/frozen_pumpkin_mousse_pie.html)
- <http://www.bing.com/images/search?q=pumpkin+chocolate+chip+cookie&FORM=HDRSC2#!?q=pumpkin+chocolate+chip+cookie&view=detailv2&&id=AA96A03ECE619973211847FE7040ADA4E45EEE36&selectedIndex=1&ccid=5etlNIJT&simid=608047918198095955&thid=JN.zoWvoHxJsJArAzKDnzdOeg&mode=overlay>