



# Five Ways to Use Pumpkin Pulp

Halloween is all about pumpkins, but after carving your jack-o'-lantern, don't just toss the nutrient-packed pulp!

Pumpkins are more than just a festive decoration; they're a nutritional powerhouse. Rich in vitamin A, pumpkins support eye health and immune function, while its antioxidants help protect your cells from free radicals. The fiber in pumpkin acts as a prebiotic, feeding the healthy bacteria in your gut and supporting digestion. This makes it a perfect addition to both sweet and savory fall recipes. Plus, pumpkin is naturally packed with a subtle sweetness, so it can enhance baked goods, soups, and dishes without the need for added sugar.

**How to Extract Pumpkin Pulp from Your Pumpkin:** After carving your pumpkin, the best way to scrape out the inside is with a sturdy metal spoon or a sharp-edged ice cream scoop. Begin by scraping firmly along the walls, working your way around to loosen all the stringy bits and flesh. For tougher spots, a small paring knife or a specialized pumpkin scraper can help loosen stubborn fibers.

Once the walls are clean and smooth, place the scooped mixture into a bowl of cold water to separate the seeds from the pulp. Gently use your hands to pull the seeds away; they will float to the surface, making them easy to remove. What remains is the pumpkin pulp, the soft, stringy part surrounding the seeds. For the best results, puree the pulp until smooth before using it in your recipes.

Whether you want to whip up a hearty savory meal, a cozy soup, or a few sweet treats, pumpkin pulp adds flavor, nutrients, and a touch of autumn magic.

Here are five wickedly good ways to turn your leftover pumpkin into delicious dishes that are as good for your body as they are for the environment:

**1. Pumpkin Soup** Transform your pulp into a creamy, comforting soup. Sauté onions, garlic, and a pinch of your favorite spices, then blend with pumpkin pulp and vegetable broth. Add a splash of coconut milk or a drizzle of olive oil for richness. It's warming, nourishing, and perfect for a chilly autumn evening.

**2. Pumpkin Energy Balls** Mix chopped pumpkin pulp with oats, your favorite nut butter, chia seeds, cinnamon, and a touch of maple syrup or honey. Roll into bite-sized balls for an easy and refrigerate for an easy on-the-go snack. Packed with fiber and natural sweetness, these little treats are a healthy candy substitute.

**3. Savory Grain Bowls** Cook your favorite grain, such as quinoa, farro, or brown rice, and toss it with roasted vegetables and chopped pumpkin pulp. Season with herbs, garlic, or smoked paprika. This makes a hearty lunch or dinner that's filling, nutritious, and uses up every bit of your pumpkin harvest.

**4. Pumpkin Brownies** Add chopped pumpkin pulp to your favorite brownie recipe for a moist, naturally sweet, and slightly spiced chocolate treat. The pumpkin adds fiber and keeps the brownies rich and tender without extra butter or oil. Perfect for Halloween parties or a cozy night in!

**5. Pumpkin Cornbread** Stir chopped pumpkin pulp into cornbread batter for a subtly sweet twist on a classic. Pair with chili or soups for a comforting fall meal. Sprinkle pumpkin seeds on top before baking for extra crunch and a festive touch.

**Pro Tip:** If you have leftover pumpkin pulp, puree and freeze it in airtight containers. That way, you can enjoy all of these treats throughout the fall season!

This Halloween, don't just carve your pumpkin, turn it into a meal! Transform leftover pulp into savory soups or sweet treats. With every bite, you're fueling your body, supporting your gut, and reducing food waste, all while keeping the spooky spirit alive!

# Pumpkin Spice Topping



A simple and naturally sweet pumpkin topping, perfect for pancakes, waffles or on top of your toast!

## Ingredients:

- 1 cup pumpkin pulp
- 1/2 cup soft dates, pitted (soak if firm)\*
- 1/2 cup water (or unsweetened plant-based milk for creaminess)
- 1 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cloves (or allspice)
- 1 tsp vanilla extract
- Pinch of salt
- *Optional:* 1-2 tsp lemon juice

## Instructions:

1. In a blender or food processor, combine all the ingredients except lemon juice.
2. Blend until silky smooth. Add more liquid if needed to reach a pourable sauce consistency.
3. Pour the mixture into a small saucepan. Simmer on low heat for 5–7 minutes, stirring occasionally. This enhances the spices and thickens the sauce.
4. Add lemon juice, if using.
5. Drizzle over pancakes, waffles, ice cream or spread over your toast!

\*If your dates are dry, soak them in hot water for 10 minutes, then drain.