







Ingredients:

- 2 large eggs
- 1 ½ cups white flour
- 1 cup sugar
- 1 tsp baking soda
- 1 cup pure pumpkin
- 1 tsp baking powder
- ½ tsp vanilla extract
- 1 tsp cinnamon
- ¾ cup canola oil
- ¼ tsp ground nutmeg
- ¼ cup hemp hearts
- ¼ tsp ground cloves
- ¼ cup chocolate chips
- ¼ tsp salt

Directions:

1. In a small bowl, mix together eggs, sugar, pumpkin, vanilla and canola oil until well combined

2. In a separate larger bowl, mix together flour, baking soda, baking powder, and spices

- 3. Add wet mixture to dry mixture and mix until just combines
- 4. Fold in hemp hearts and chocolate chips
- 5. Fill paper lined muffin tin almost full
- 6. Bake at 350 F for 15-18 minutes







Ingredients:

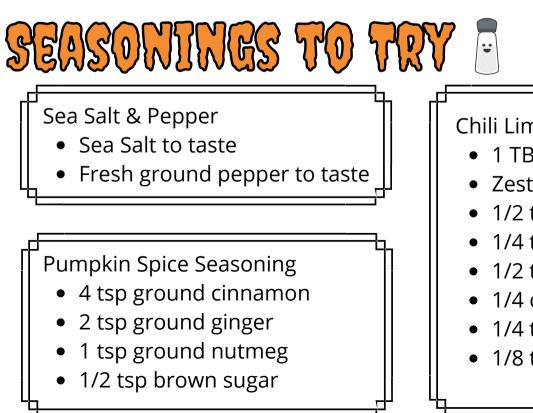
- 1 Cup Pumpkin Seeds from your carved pumpkin
- 2 tsp Canola Oil
- 1/2 tsp 1 tsp Seasoning of your choice (to your taste)





Directions:

- 1. Remove seeds from your pumpkin
- 2. Soak seeds in water to easily remove excess flesh
- 3. Rinse seeds until they are complete clean. Allow to dry fully.
- 4. Toss seeds in oil and seasoning. Spread out on a lined baking sheet.
- 5. Bake at 325 F for 25-35 minutes, mixing halfway through, until golden brown and crispy.



Chili Lime Seasoning

- 1 TBSP chili powder
- Zest from 1/2 a lime
- 1/2 tsp cumin
- 1/4 tsp paprika
- 1/2 tsp garlic powder
- 1/4 onion powder
- 1/4 tsp salt
- 1/8 tsp brown sugar