

FAMILY FAVOURITE PUMPKIN RECIPES!



FFDC'S PUMPKIN HEMP HEART MUFFINS

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

FFDC'S ROASTED PUMPKIN SEEDS

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.



SEASONINGS TO TRY



Sea Salt & Pepper

- Sea Salt to taste
- Fresh ground pepper to taste

Pumpkin Spice Seasoning

- 4 tsp ground cinnamon
- 2 tsp ground ginger
- 1 tsp ground nutmeg
- 1/2 tsp brown sugar

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