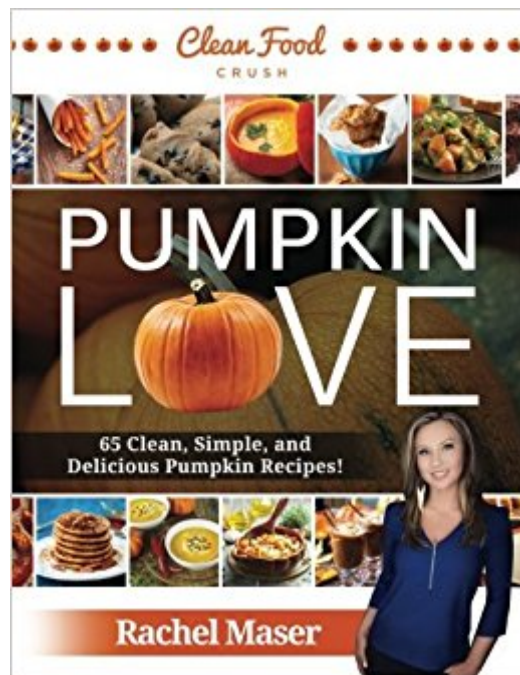




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Pumpkin Love - Autumn Clean Eating Cookbook - 65 Clean, Simple, And Delicious Pumpkin Recipes!



Synopsis

The CleanFoodCrush recipes are so easy and quick to make. Pumpkin is filled with nutrition, and is a delicious slice of Autumn. These recipes will become your seasonal treasures. Last September, I felt both the peacefulness of Autumn creeping in, and an urgency to create and share a collection of Pumpkin Recipes for health, simplicity, comfort and fun. You will find my best Pumpkin ideas inside this book, along with an ode to my favorite season, and favorite vegetable... the GREAT PUMPKIN :) Included inside Pumpkin Love are the following Recipes: Starting on Page 5 Pumpkin Seeds Simple Roasted Pumpkin Seeds Gourmet Pumpkin Seeds Tangy Roasted Pumpkin Seeds Pumpkin Protein Bliss Bites Pumpkin Pie Protein Shake! Breakfast Pumpkin & Orange Smoothie Pumpkin Pie Smoothie Pumpkin Spice Smoothie Pumpkin Booty-Building Protein Shake Peanut Butter & Pumpkin Smoothie Pumpkin Ice Cream! Pumpkin Spice Latte Clean Pumpkin Spice Latte for 1 Pumpkin Spice Latte for Agave lovers Clean Pumpkin Latte made with Stevia Protein Pumpkin Spice Latte Starting on Page 19 Pumpkin & Spice Granola Grain-Free Pumpkin Muffins Pumpkin Protein Waffles Spiced Pumpkin Protein Pancakes Grain-Free Pumpkin Pancakes Whole Wheat Pumpkin Pancakes Protein Packed Pumpkin Pancakes Pumpkin Protein Pancakes Coconut Whipped Cream Whole Wheat Pumpkin Bread Pumpkin Protein Oat Muffins Starting on Page 32 Make your own Pumpkin Puree! Pumpkin Mashed Potatoes Creamy Coconut Pumpkin Mashed Potatoes Pumpkin FRIES! Salty Pumpkin Fries Sweet Pumpkin Fries Spicy Pumpkin Fries Spicy Roasted Pumpkin Roasted Pumpkin Slices Starting on Page 40 Simple Pumpkin Soup with a Kick! World's Best Pumpkin Soup Curry Pumpkin Soup The GREAT Pumpkin Soup Southwestern Pumpkin Black Bean Soup Sweet Potato & Pumpkin Soup Coconut Pumpkin Soup Harvest Pumpkin Soup Thai Pumpkin Soup Delicious White Bean Pumpkin Chili Pumpkin & Grass Fed Beef Chili Lean Turkey Chili Turkey and Roasted Pumpkin Chili Crock-Pot Pumpkin & Beans Starting on Page 57 Pumpkin Grilled Chicken Breasts Pumpkin Stuffed Chicken fit for Company Pumpkin Turkey Meatloaf Thai Pumpkin Chicken Curry Pumpkin Chicken Enchiladas Creamy Pumpkin Chicken Casserole Grilled Pumpkin Crock-Pot Chicken & Pumpkin Starting on Page 68 Grain-free Chocolate chip Pumpkin Cookies Easiest Soft Pumpkin & PB Cookies! The REALLY Naughty Pumpkin Cookies Pumpkin Ice Cream! Frozen Pumpkin Cream Pies Goopy Pumpkin Brownies Pumpkin Brownies to Die for! Pumpkin Chocolate Almond Butter Pumpkin Cheesecake Protein Pancakes

Book Information

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Customer Reviews

Hi! I m Rachel, a mom of 4 young children. At 33 years old I began sharing my simple recipes & REAL food ideas with the world via social media. The response has surpassed my wildest dreams! I know REAL food can be SIMPLE, and delicious. Health through nutrition should be attainable to ALL. Wishing you health, comfort, & happiness this Season! Love, Rachel

Great cookbook! The ingredients are what I would normally have in my pantry, the pictures are in color and the recipes are easy and delicious!

This cookbook is full of easy, healthy recipes! Even my husband will eat most of the recipes I have tried, and he is very much a "meat and potatoes only" kind of guy. There are a few typos in the book, and the printing looks "off" on a few pages, but for such a low price, I am willing to overlook it! You can order e-books from her website, but I wanted a hard copy book.

Love this book!

Great recipes

love love love

Holy Cow!! I had NO IDEA that pumpkin could be turned into so many delicious dishes! Love the big font in the book (makes it easy to read while in the kitchen!) and these recipes are so simple, and

EASY to make. :)I love my copy so much that I just ordered my Mother, Sister, and Sister-In-Law copies for the holidays too!Pumpkin Everything!

very good book, great recipes

Yummy pumpkin recipes!

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