



The  
BeachHOUSE  
Goa

# PUMPKIN PERFECTION

*Recipes To Boost Your Health*





# Recipes



- 1. Creamy Pumpkin Smoothie Bowl**
- 2. Pumpkin Quinoa Salad**
- 3. Pumpkin Chickpea Curry**
- 4. Pumpkin Energy Bites**
- 5. Spiced Pumpkin Hummus**
- 6. Baked Pumpkin Fries**



## *Introduction:*

Welcome to Pumpkin Perfection, your ultimate guide to delicious, nutritious pumpkin recipes!

This book is packed with easy-to-make recipes that highlight the versatility of pumpkin.

Whether you're looking for a hearty salad, a comforting curry, or a sweet snack, you'll find a variety of flavours and dishes to enjoy.



# Creamy Pumpkin Smoothie Bowl



*Start your day with a burst of energy and flavour!*

## Ingredients

- 1 cup pumpkin puree
- 1 banana, frozen
- 1/2 cup unsweetened almond milk (or any milk of choice)
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon almond butter
- 1 teaspoon honey or maple syrup (optional)
- **Toppings:** granola, pumpkin seeds, fresh fruit, coconut flakes



## Method

- 1)** Blend the pumpkin puree, frozen banana, almond milk, cinnamon, nutmeg, and almond butter until smooth.
- 2)** Pour into a bowl and add your favourite toppings for a nutrient-packed breakfast or snack.



# Pumpkin Quinoa Salad



*Perfect for lunch or a light dinner—fresh, hearty, and packed with nutrients!*

## Ingredients

- 1 cup pumpkin, cubed and roasted
- 1 cup cooked quinoa
- 1/4 cup pomegranate seeds
- 1/4 cup chopped walnuts
- 2 cups baby spinach
- 2 tablespoons feta cheese (optional)

## Dressing

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- Salt and pepper to taste



## Method

- 1)** Roast the pumpkin cubes in the oven at 400°F (200°C) for 20-25 minutes, or until tender.
- 2)** In a large bowl, mix the roasted pumpkin, quinoa, pomegranate seeds, walnuts, & baby spinach.
- 3)** Whisk together the dressing ingredients and pour over the salad. Toss well and top with feta cheese if desired.



# Pumpkin Chickpea Curry

*Rich, creamy, and comforting, this curry is filled with protein and fibre for a satisfying meal.*

## Ingredients

- 1 cup pumpkin puree
- 1 can chickpeas, drained and rinsed
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 can light coconut milk
- 1 tablespoon curry powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish



## Method

- 1)** In a large pan, heat the olive oil over medium heat. Add the onion and garlic & sauté until translucent.
- 2)** Stir in the curry powder, turmeric, and cumin, cooking for about 1 minute to release the spices' flavour

# Pumpkin Chickpea Curry



## Method

- 3) Add the pumpkin puree, chickpeas, & coconut milk. Mix well, & let it simmer for 10-15 minutes.
- 4) Season with salt & pepper, garnish with fresh cilantro, & serve over brown rice or quinoa.



# Pumpkin Energy Bites



*These no-bake bites are perfect for a quick and healthy snack on the go.*

## Ingredients

- 1 cup rolled oats
- 1/2 cup pumpkin puree
- 1/4 cup almond butter
- 1/4 cup honey or maple syrup
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup mini dark chocolate chips



## Method

- 1)** In a bowl, combine the pumpkin puree, almond butter, and honey until well mixed.
- 2)** Stir in the rolled oats, cinnamon, nutmeg, and chocolate chips.
- 3)** Roll into small balls and refrigerate for at least 30 minutes before serving.





# Spiced Pumpkin Hummus



*Put a twist on the classic dip with pumpkin's creamy texture and a hint of warmth from spices.*

## Ingredients

- 1 cup pumpkin puree
- 1 can chickpeas, drained and rinsed
- 1/4 cup tahini
- 2 cloves garlic
- Juice of 1 lemon
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- Salt to taste
- 2 tablespoons olive oil



## Method

- 1)** In a food processor, combine the pumpkin puree, chickpeas, tahini, garlic, lemon juice, cumin, and smoked paprika. Blend until smooth.
- 2)** Drizzle in olive oil while blending until the desired consistency is reached.
- 3)** Season with salt and serve with fresh veggies or whole-grain crackers.



# Baked Pumpkin Fries



*A healthy alternative to traditional fries that's both savoury and slightly sweet.*

## Ingredients

- 1 small pumpkin, peeled and sliced into thin strips
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt and pepper to taste



## Method

- 1)** Preheat the oven to 400°F (200°C).
- 2)** In a bowl, toss the pumpkin slices with olive oil, paprika, garlic powder, salt, and pepper.
- 3)** Spread the fries on a baking sheet in a single layer and bake for 25-30 minutes, flipping halfway through, until crispy and golden.





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