

🍂 Discover cozy plant-based pumpkin recipes for fall. 🎃 Forwarded this? ✍️ Subscribe below to get it straight to your inbox!

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Fall in Love with These Cozy Vegan Pumpkin Recipes!

Hi ,

As fall approaches, pumpkins and pumpkin spice (and its glorious variations) are already creeping in — in sweets, beverages, and snacks. While vegan spiced treats are trending, that is not the only place you can enjoy pumpkins.

Often misunderstood or overlooked in main courses, this orange gem is nutritious, hearty, and deeply rooted in culinary traditions — especially Italian ones.

Why I Love Pumpkin

Nutrition Powerhouse – Pumpkins are rich in vitamins A and C, potassium, and fiber, making them a vibrant boost for immune health and digestion.

A Hearty Star – Its meaty texture makes it perfect for plant-based mains. Grilled, baked, sautéed, or roasted — pumpkin stands tall as the centerpiece of a meal.

An Italian Icon – From classic ravioli fillings to rustic risottos, pumpkin holds a beloved place in Italian cuisine. It's the perfect canvas for bold flavors and cozy comfort.

Recipes

Here's how I'll be showcasing pumpkin this season—beyond the lattes and pies:

[Simple & Nutritious Quick Pumpkin Tomato Pasta Sauce](#)

A creamy, savory sauce that coats pasta beautifully—ready in minutes, yet deeply satisfying.

[Healthy Butternut Squash Pumpkin Soup](#)

Silky, warming, and full of fall goodness—perfect with crusty bread on a cool evening.

[3-Ingredient Spiced Pumpkin Brownies](#)

Fudgy, rich, and unbelievably easy. Proof that pumpkin + chocolate is a match made in heaven.



DIY Pumpkin Spice: Fall in a Jar

Want to try your hand at a little fall kitchen magic? Make your own pumpkin spice blend:

- 🍂 3 tbsp cinnamon
- 🍂 2 tsp ground ginger
- 🍂 2 tsp nutmeg
- 🍂 1½ tsp allspice
- 🍂 1½ tsp cloves

Mix all the spices together and store in a small jar.

Use it to sprinkle over oatmeal, stir into lattes, toss with roasted veggies, or fold into baked goods. Every sprinkle adds a little taste of autumn to your plant-based creations!

Let's Celebrate Pumpkin Together

Thanks for popping into my newsletter! I hope these recipes sparked your curiosity and inspired you to give them a try. **Next time**, I'll be sharing two of my favorite **pumpkin chili recipes**. They're the ultimate comfort food as the weather begins to cool.

Do you have a favorite way to use pumpkin in your plant-based kitchen? I'd love to hear it! Reply to this newsletter and share your go-to recipe or idea—you might inspire my next blog post.

Until next time, wishing you warm kitchens, full hearts, and PLANTifull pumpkin spice.

With love and PLANTifull joy,

~ Donna

P.S. ~ If you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Feel free to direct them to my [home page](#), [join page](#), follow on [instagram](#), or any individual [blog post](#). Your support means the world to me!

P.S.S. – Is this your first time receiving my newsletter? You can [view past issues here](#), and be sure to [subscribe](#) so you don't miss future ones!



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Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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