PLANTifull Fare

Hi ,

By the time this reaches you, Jeff and I will be somewhere between Kauai and Kona—soaking up the sunshine, breathing in the ocean air, and trying to remember what day it is.

Back home, however, October has arrived—and that means cans of pumpkin are returning to kitchen shelves everywhere.

Pumpkin may be marketed as a baking ingredient, but I think it deserves a place at the dinner table. It contributes:

- Natural creaminess without dairy
- Body for sauces and soups
- Gentle sweetness that balances tomatoes
- Fiber and valuable nutrients
- A convenient vegetable that waits patiently in the pantry

The Recipe

I know—everyone has a pumpkin recipe to share this time of year.



Guilty as charged. But this one steps away from the usual pumpkin-spice path, which is exactly what I love about it.

My Quick Pumpkin Tomato Pasta Sauce is creamy, nourishing, flexible, and easy enough for a weeknight. Pumpkin gives the sauce body and natural creaminess, while tomatoes keep it bright and savory.

🤌**Grab the recipe here**.

Kitchen Tip: Freeze the Rest Before It Disappears

I love the convenience of canned pumpkin, but I almost always have a little left over.

Don't toss it. Measure it into ½-cup portions and freeze it. Label the container with the contents, amount, and date. That way, it is ready to add directly to pasta sauce, soup, oatmeal, or chili—or use in baking.

Use it in:

- Healthy Pumpkin Vodka Sauce with Pasta
- Healthy Butternut Squash Pumpkin Soup
- Creamy Pumpkin Black Bean Chili
- 3-Ingredient Spiced Pumpkin Brownies

Save the Date

Purely Plant-Based Cheese: Cheese for Every Holiday Occasion

Free Virtual Cooking Class
Sunday, November 8
4 PM PST / 6 PM CST / 7 PM EST

Linda Tyler and I are teaming up again just in time for the holiday season.



We'll demonstrate three plant-based cheeses—Cream Cheese, Feta, and Pepper Jack—along with three festive ways to serve them. Then we'll show you how to bring everything together on a beautiful holiday cheese platter.

You'll also receive our new 20+ page **Build a Plant-Based Cheese Platter Guide**.

Registration details are coming soon!

Sending a little aloha from Hawaii—and wishing you something delicious for dinner.

Donna
PLANTifull Fare

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, Instagram profile or any individual blog post. Your support means the world to me!

P.P.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 for More?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.
Tell me which classes interest you, explore a few helpful freebies or add a flavor boost with my favorite kitchen ingredient: California Balsamic vinegars.

📋 Cooking Class Interest
Tell me what classes you'd like to see

🥗 Free Salad Dressing Recipes
Oil- & dairy-free inspiration

🍇 Shop My Favorite California Balsamics
Add rich, tangy flavor to salads, roasted veggies, and desserts

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