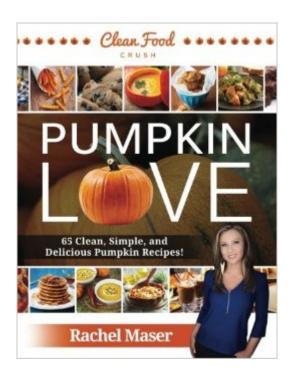
The book was found

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 Gooey Pumpkin Brownies Pumpkin Brownies to Die for! Pumpkin Chocolate Almond Butter Pumpkin Cheesecake Protein Pancakes

Book Information

Paperback: 99 pages

Publisher: CleanFoodCrush: First edition (September 27, 2015)

Language: English

ISBN-10: 0692502831

ISBN-13: 978-0692502839

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 11 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews (9 customer reviews)

Best Sellers Rank: #13,339 in Books (See Top 100 in Books) #21 in Books > Cookbooks, Food &

Wine > Entertaining & Holidays > Seasonal #24 in Books > Cookbooks, Food & Wine > Cooking

by Ingredient > Vegetables

Customer Reviews

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!

This is a must have cookbook in your kitchen. I promise you will use this book over and over. I did not know until I started Rachel Maser clean eating that pumpkin is so healthy for you. Lol lol now when I grocery shop I make sure cans of Pumpkin purée is in my basket. Buy it you won't regret it.

a wonderful, wonderful book- great healthy clean recipes -i look forward to many more of Rachel's books - i highly suggest to buy this book you will love it!!

Pumpkin Love is the perfect name for this book because it is full of great recipes for those of us who truly do love pumpkin! I highly recommend it.

Yummy pumpkin recipes!

Download to continue reading...

Pumpkin Love - Autumn Clean Eating Cookbook - 65 Clean, Simple, and Delicious Pumpkin Recipes! Pick a Perfect Pumpkin: Learning About Pumpkin Harvests (Autumn) Best 50 Clean Eating Salad Recipes for Quick Weight Loss & Detox: Delicious & Healthy Recipes Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make!

Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) If the Pumpkin Fits, Eat It! 45 Pumpkin Recipes (A Cookbook for the Thanksgiving and Christmas Holiday Season) Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life Autumn Fantasy Coloring Book - Halloween Witches, Vampires and Autumn Fairies: Coloring Book for Grownups and All Ages! Autumn Magic Grayscale Coloring Book: Autumn Fairies, Witches, and More! The Heart of Autumn Collection: Three Memorable Stories Set Under Autumn's Changing Leaves (Seasons of the Heart Book 1) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 2) The Pumpkin Pie Spice Cookbook: Delicious Recipes for Sweets, Treats, and Other Autumnal Delights Autumn in a Jiffy Cookbook: All Your Favorite Flavors of Fall in Over 200 Fast-Fix, Family-Friendly Recipes. (Seasonal Cookbook Collection) The Clean Eating Cookbook and Diet: Over 100 Healthy Whole Food Recipes and Meal Plans 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook -Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets Clean Eating Cookbook & Diet: Over 100 Healthy Whole Food Recipes & Meal Plans Canning And Preserving Cookbook: 100+ Mouth-Watering Recipes of Canned Food: (Canning and Preserving Cookbook, Best Canning Recipes) (Home Canning Recipes, Pressure Canning Recipes) Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) The Paleo Kids Cookbook: Transition Your Family to Delicious Grain- and Gluten-free Food for a Lifetime of Healthy Eating The Harvest Table: Welcome Autumn with Our Bountiful Collection of Scrumptious Seasonal Recipes, Helpful Tips and Heartwarming Memories (Seasonal Cookbook Collection)

<u>Dmca</u>