

Pumpkin Power

INGREDIENTS

6 cups whole flour of your choice, e.g. oat, spelt, or a combination that may include quinoa, hemp, chia or teff flours
 1 can (398 ml) organic pumpkin puree – try to choose a non-GMO product, with a BPA-free liner
 650 gram container of goat milk yogurt or other yogurt of your choice
 1 tablespoon exotic honey, like wild Brazilian jungle raw honey or a local honey of your choice
 ½ cup organic, raw, gluten-free coconut flour
 ½ cup hemp hearts
 ¼ teaspoon baking powder
 1 teaspoon baking soda
 ½ teaspoon ginger
 ½ teaspoon turmeric
 2 teaspoons Saigon cinnamon
 1 teaspoon sea salt
 2 heaping tablespoons liver powder or dried fish powder, for example, salmon



Optional garnish before baking: sprinkle of organic garlic powder and rubbed oregano or catnip

INSTRUCTIONS

Choose organic ingredients whenever possible. Baste a 9"x12" Pyrex baking pan with first-pressed olive oil. Preheat oven to 350°F.

Combine all ingredients in a food processor or mixer. Spoon into pan and bake 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool completely before serving. Store in the refrigerator (stays fresh up to two weeks in the fridge) or freezer. This recipe can be easily halved, and it can also be prepared as mini-muffins. The baking time for mini-muffins is 15 minutes.

For a raw alternative to this recipe, combine the following ingredients in quantities from the list at left, and serve as a topper to regular meals:

Goat yogurt
 Pumpkin puree
 Coconut flour
 Ginger
 Turmeric

Saigon cinnamon
 Hemp hearts
 Honey
 Sea salt
 + Liver powder or dried fish

Lightly roasted pumpkin seeds

Purchase certified organic, raw pumpkin seeds. They can be stored in an airtight container in the refrigerator for up to two months. Preheat oven to 175°F degrees. Place pumpkin seeds on a cookie sheet and bake for 15 to 20 minutes. Cool, then sprinkle on your animal's food before serving.



Pumpkin coconut spice "pup-scotti"

INGREDIENTS

4 cups organic stone ground spelt flour, or other whole flour of your choice
 1 cup organic, raw, gluten-free coconut flour
 1 tablespoon Saigon cinnamon
 1 can (398 ml) organic pumpkin puree – try to choose a non-GMO product, with a BPA-free liner
 2 cups water buffalo yogurt or other Balkan-style yogurt of your choice, e.g. goat yogurt

INSTRUCTIONS

Try to choose organic ingredients whenever possible. Cover cookie sheet with parchment paper and preheat oven to 350°F.

Combine all ingredients in a food processor or blender. Turn out on a lightly floured board or counter. Knead gently. Divide the dough into small pieces, and roll out to the thickness of a big crayon. Cut on the diagonal and spread out on the cookie sheet.

Bake 30 minutes, then turn oven down to 250°F and bake for another hour. Remove cookie sheet from oven and cool completely. Store in an open container or cookie jar. This recipe can easily be halved, and extra dough stored in the freezer for future use.

Simply good pumpkin cake

INGREDIENTS

1 cup whole flour of your choice
 ¼ teaspoon baking powder
 1 teaspoon baking soda
 1 teaspoon sea salt
 1 teaspoon Saigon cinnamon
 2 whole eggs
 ½ cup first-pressed oil, e.g. olive, camelina
 ¼ cup filtered water
 1 cup pumpkin puree
 ½ cup hemp hearts*



INSTRUCTIONS

Use organic ingredients whenever possible. Lightly grease a small Pyrex or cake pan with oil from the ½ cup in the recipe. Preheat oven to 350°F.

Combine all ingredients in a food processor or blender. Spoon batter into pan and bake for 45 minutes, or until a toothpick inserted in the center of the cake comes out clean. Cool completely before serving. Store in refrigerator or freezer.

**In place of hemp hearts, liver powder or dried fish can also be used.*