



The
Skin
DETOX

The Skin Food Guide Pumpkins

Discover a collection of 10 pumpkin recipes.

Take advantage of this seasonal 'skin food' to create delicious family dishes



contents

pumpkin profile

pumpkin puree

pumpkin yoghurt

honey & sriracha pumpkin seeds

roasted pumpkin

red pepper & pumpkin soup

pumpkin & spinach lasagne

pumpkin cake

pumpkin & chocolate bread

pumpkin chips

pumpkin hummus

carve your pumpkin

pumpkin profile

Squash of all shapes and sizes ... they are as unique as we are! There are literally hundreds of varieties of squash but the most famous at this time of year is of course ... the pumpkin.

There is so much more to this seasonal star vegetable than the Halloween Jack 'O' Lantern. It can be easy to avoid this amazing 'skin food' when we consider the cleaning, preparing and cutting of its hard, irregular skin or rind and getting rid of the seeds. Well, first off ... you don't always need to remove the skin. Pumpkin can also be cooked whole in the oven or sliced with the rind left on and the seeds are a delicious snack.

1

CLEAN YOUR PUMPKIN

Wash the pumpkin under running water first to remove any soil residue. If you only need the flesh then dry it and cut it in half with a long, sharp knife. Then cut it again into slices and remove the seeds. Leave the slices on the thick side to better cut the rind. Place them on a chopping board and, with the knife, remove only the hardest external part. Always keep your fingers safe!

2

RECYCLE THE SKIN

One person's rubbish is another person's gold... this is the same for pumpkin skin or rind.

In fact it is rich in essential vitamins and minerals specifically beta-carotene which the human body converts into Vitamin A - a powerful antioxidant that protects and restores the skin. Add that to vitamins B, C and Vitamin E, potassium, iron, magnesium and plenty of fibre and you simply can't chuck it in the bin!

The skin can be eaten when roasted or cooked in a soup. Prepare it in the oven with other veg, but par boil them first for about 30-40 minutes, then drain and season with oil, salt and herbs and cook at 210°C for about 20 minutes.

3

WHAT TO DO WITH THE SEEDS

Never throw them away! They're an excellent hunger-killing snack that are low in calories and an excellent source of magnesium, zinc and selenium. They're also good for the heart, reducing levels of bad cholesterol in the blood.

Pumpkin seeds are a fantastic source of fibre, protein and antioxidants ... literal powerhouses for the skin!

Pan or oven cook them, but first be sure to wash them thoroughly and dry them. Try one of the recipes in this guide as a tasty alternative snack.





pumpkin purée

Serves the freezer

For the pumpkin:

750g pumpkin or squash washed, deseeded and peeled

2 tbsp olive oil

Himalayan salt and pepper to taste

here's how

1. Heat oven to 200°C. Prepare and heat roasting pan with the oil.
2. Prepare the pumpkin and slice into 1 cm slices.
3. Toss with the oil in a roasting tin and season with salt & pepper.
4. Roast for up to 40 minutes or until tender and slightly charred at the edges.
5. Place in a food processor and purée until smooth.
6. Allow to cool and store in the fridge until needed. Can be frozen in ice cube trays for ease of use.
7. Use in pumpkin recipes as required.

Prep	Cook
10 mins	45 mins



pumpkin yogurt

Serves 1

For the yoghurt:

100g unsweetened natural or Greek Yoghurt

2 tbsp pumpkin purée

1 tsp honey

1/2 tsp ground cinnamon

1 tsp 70% cocoa powder

here's how

1. Combine all of the ingredients and enjoy!

Add 1 tbsp of chia seeds to the yoghurt and leave for at least 30 minutes or overnight for a boost of omega 3.

Try adding chopped pecans or walnuts for a nutty twist.

Prep	Cook
5 mins	N/A



honey & sriracha seeds

Serves 2

For the roasting:

2 tbsp melted grass fed butter /
coconut oil

250g washed & dried pumpkin
seeds

For the seasoning:

1-2 tbsp sriracha sauce

1 tbsp honey

Juice of half a lemon

1 tsp Himalayan salt

here's how

1. Preheat the oven to 200°C and line a baking sheet with grease proof paper.
2. In a bowl, combine the sriracha, lemon juice and honey. Stir in the pumpkin seeds and mix well to coat.
3. Spread the pumpkin seeds onto the lined baking sheet in an even layer, and sprinkle with salt.
4. Bake for about 20 minutes, stirring every 4-5 minutes so they don't burn. When the edges start to become golden brown, remove from the oven to cool.
5. The tricky part: let cool completely before enjoying!
6. Store in a covered container in the fridge.

Try a different seasoning such as lime juice, chilli powder and cayenne pepper with a sprinkle of Himalayan salt.

Prep	Cook
10 mins	25-30 mins



roasted pumpkin

Serves 6

For the pumpkin:

1 pumpkin or other squash variety

2 tbsp grass fed butter or coconut oil

Himalayan Salt and freshly ground pepper to taste

Herbs and seasoning

here's how

1. Preheat the oven to 200°C. Prepare a baking sheet with greaseproof paper
2. Prepare your pumpkin ... if you have a young soft skinned pumpkin or squash then you could simply slice it approximately 2cm thick and remove the seeds for later. Small heritage pumpkins can be baked whole. If your pumpkin is a tougher skin winter variety then you might want to remove the skin.
3. Place on the baking sheet and drizzle over the oil or melted butter and season. Pumpkin and squash are excellent seasoned with oil and a variety of herbs. If you love a sweet and salty contrast, try it with Himalayan salt, a drizzle of liquid honey and some aromatic herbs like thyme and rosemary.
4. Bake in the oven for 25-30 minutes or until the edges start to char and the flesh is soft. You might get a bit of yummy caramelisation on the flesh too which is delicious.

If you fancy it you could mix your pumpkin with other seasonal veg such as radishes, turnips, red onions and celeriac.

You can also prepare a sort of tasty pumpkin parmigiana with the peeled slices of pumpkin. Simply alternate thinner slices of pumpkin with brie, mozzarella, parmesan and some aromatic herbs in a baking dish. Top with some butter shavings, grated parmesan and chunks of fresh mozzarella before baking in the oven for 25 minutes.

Honestly the kids will love it!

Prep	Cook
10 mins	40 mins



pumpkin & red pepper soup

Serves 4

For the veg:

1-2 tbsp coconut oil

1 squash or pumpkin (peeled if you prefer, deseeded and cut into 2cm cubes)

2 red peppers (deseeded and cut into chunks)

2 sticks of celery roughly sliced

1 medium carrot roughly sliced

For the stock:

2 vegetable stock cubes

1 litre of boiling water

1 tsp coconut oil

2 cm piece of fresh root ginger peeled and chopped

For the garnish:

Double cream to garnish

Himalayan salt & pepper to taste

here's how

1. Heat the oven to 200°C. Prepare the roasting tin with the oil and heat in the oven until melted and sizzling.
2. Tip in the veg and toss in the oil until covered before spreading into a single layer. Season with the salt & pepper.
3. Roast in the oven for 35 to 45 minutes or until slightly charred at the edges and the flesh is soft. If you left the skin on the pumpkin it may need a little longer.
4. In the meantime, place the pan on a medium heat and heat a little oil before gently frying the sliced ginger.
5. Add the vegetable stock and bring to the boil. Leave on a low heat for 10 minutes to simmer.
6. When the veg is roasted, remove from the oven and along with the stock add to the blender. Be careful of splashes.
7. Blitz the mixture until smooth and creamy. If it is on the thin side, return to the pan and reduce the soup a little bit more.
8. To serve, divide the soup between bowls and top with some roasted pumpkin seeds of your choice and a swirl of double cream.

Try sprinkling on some chipotle chilli flakes to add a hint of smokiness and spice things up a little!

Prep	Cook
25 mins	60 mins



pumpkin & spinach lasagne

Serves 4

For the filling:

750g pumpkin or squash (peeled and deseeded)

2 tbsp coconut oil

500g spinach, washed

1 tbsp grass-fed butter

1 whole nutmeg for grating / 1 tsp ground nutmeg

8 fresh lasagne sheets

100g grated parmesan (or vegetarian alternative)

For the tomato sauce:

1 medium onion, finely chopped

1 tbsp coconut oil

1 finely chopped celery stick

2 crushed garlic cloves

400g can chopped tomatoes

For the béchamel sauce:

500ml full-fat milk

6 peppercorns

½ onion

1 bay leaf

50g plain flour

50g grass fed butter

Salt & Pepper to taste

here's how

1. Heat oven to 200°C. Prepare and heat the roasting pan with the oil.
2. Prepare the pumpkin and slice into 1cm slices. Toss with the oil in a roasting tin and season with salt & pepper. Roast for up to 40 minutes or until tender and slightly charred at the edges.
3. Make the tomato sauce: In a pan, soften the onion in the oil for 5 minutes before adding the celery and garlic and cook for a further 1 minute. Add the tomatoes and leave to simmer uncovered for 30 minutes stirring occasionally. You should be left with a thick purée.
4. Prepare the spinach: Put the spinach in a saucepan over a low heat with the water that still clings to it after washing and cover the pan. Wilt the spinach for 2-3 minutes. - you'll need to turn it over with tongs every so often to make sure it all comes in contact with the heat at the bottom of the pan. Leave until cool enough to handle, then squeeze the water out with your hands. Chop and put in a pan with the butter. Gently heat, tossing together so the spinach is coated in butter, then season with salt, pepper and a generous grating of nutmeg.
5. For the béchamel sauce: bring the milk to the boil in a pan with the peppercorns, onion and bay leaf. Set aside for 5 mins to infuse, then strain the milk into another pan. Add the flour and butter, then gently heat, whisking all the while, until you have a thick, smooth sauce.
6. Assemble the lasagne: Grease a large baking dish with butter. Put a layer of pumpkin in the bottom followed by a layer of tomato sauce. Lay lasagne sheets on top of this, cutting them to fit if necessary (you don't want any overlapping). Now add a layer of béchamel followed by a scattering of spinach and half the cheese. Top with more lasagne sheets, pumpkin, tomato sauce, more lasagne and a final layer of béchamel sauce. Sprinkle the remaining cheese over the top.
7. Place in the oven and bake for 40 minutes or until the lasagne is bubbling hot. Serve with a side salad or on its own.

Prep	Cook
20 mins	75 mins



pumpkin cake

Serves 8

For the cake:

3 eggs

150g coconut sugar

230g pumpkin purée

2 tsp ground cinnamon

125g self-raising flour

For the topping:

Roasted pumpkin seeds

Double cream

Fresh seasonal berries

here's how

1. Preheat the oven to 190°C. Grease and line a 20cm diameter cake tin with greaseproof paper.
2. In a large bowl, combine the eggs and sugar. Beat for 5 minutes until the mixture is fluffy and has approximately tripled in volume.
3. Add the pumpkin purée and cinnamon and beat until everything is well-combined.
4. Sift the flour into the egg mixture and very gently fold, making sure that you do not deflate the eggs.
5. Pour the batter into the prepared cake tin. Bake for about 50 minutes or until a toothpick inserted into the middle of the cake comes out clean.
6. Remove the cake from the oven, let it cool and add some roasted pumpkin seeds to the top.
7. Slice and serve with a dollop of double cream and some seasonal berries.
8. Store this cake in an airtight container.

Prep	Cook
20 mins	50 mins



pumpkin & chocolate bread

Serves 8

Dry ingredients:

250g of self raising flour
2 tsp baking powder
1/4 tsp himalayan salt
2tsp ground cinnamon
1/2 tsp ground nutmeg
100g minimum 70% chocolate
150g brown or coconut sugar

Wet ingredients:

250g pumpkin purée
1 tsp vanilla extract
2 eggs

here's how

1. Preheat the oven to 190°C. Grease and line a standard size loaf tin with greaseproof paper.
2. In a large bowl, combine the dry ingredients and mix them together.
3. Add the chocolate chips and stir.
4. Next, add in the wet ingredients and fold the mixture gently so as not to burst all the air bubbles.
5. Bake in the centre of the oven for 30 minutes before removing and covering with foil. Then bake for an additional 15 minutes.
6. To test that the loaf is cooked, insert a toothpick or skewer in the middle of the loaf and it should come out clean.
7. Enjoy with a topping of grass fed butter or some pumpkin hummus.

Try replacing the chocolate chips with roughly chopped pecans for a different take on this autumnal treat.

Prep	Cook
20 mins	50 mins



pumpkin chips

Serves many

For the chips:

250g of thinly sliced pumpkin with skin on

For the seasoning:

1 tbsp paprika

1 tbsp chilli powder

here's how

1. Unless you have a dehydrator, turn on your oven at the lowest setting possible.
2. Line your baking sheet with greaseproof paper.
3. Spread the thinly sliced pumpkin skins onto the baking sheet and sprinkle liberally with paprika, salt and chilli powder.
4. Bake in the oven with the door slightly ajar, checking regularly.
5. Try not to eat them all as soon as they are ready!
6. Place in nifty folded greaseproof paper bag to store them in a cool, dry place.

Prep	Cook
10 mins	Up to 5 hours



pumpkin hummus

Serves 8

For the hummus:

125g of pumpkin purée

1 can of chickpeas, drained and rinsed (reserve a bit of liquid)

2 tbsp chickpea liquid

Juice of 1/2 lemon

1/2 tsp garlic powder or 2 crushed cloves of garlic

1/2 tsp ground cumin

For the drizzle:

A drizzle of olive oil (could use tahini)

Himalayan salt to taste

A pinch of cayenne pepper

here's how

1. Mix everything together in a food processor or squish with a fork if the kids want to get involved.
2. Top with the drizzle for a delicious dip or toast topper.

Prep	Cook
10 mins	N/A

carve your pumpkin

The traditional Halloween Jack 'O' Lantern can be created from any squash or pumpkin. It is unlikely that you will get much edible flesh when you carve your own pumpkin when the kids hands have scooped it out, but the seeds can definitely be washed and dried before roasting to be nibbled on with a glass of red when they have gone to bed! But when the ghosts and ghouls have gone home, don't just let them rot on the doorstep ... if you break it up then the birds and other wildlife will make good use of the carbs to fatten them up before winter!

1



2



3



4



5



6



