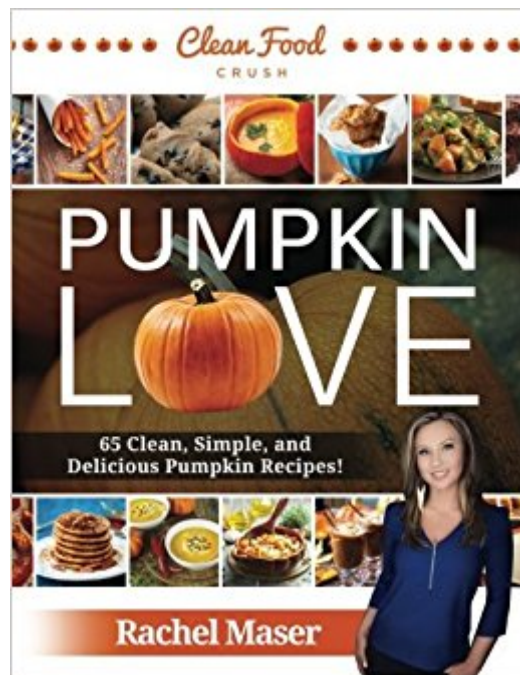




Ebook Directory
the best source of ebook

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 Goopy 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: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 22 customer reviews

Best Sellers Rank: #16,007 in Books (See Top 100 in Books) #28 in [Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal](#) #40 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#)

Customer Reviews

Hi! I m Rachel, a mom of 4 young children. At 33 years old I began sharing my simple recipes & REAL food ideas with the world via social media. The response has surpassed my wildest dreams! I know REAL food can be SIMPLE, and delicious. Health through nutrition should be attainable to ALL. Wishing you health, comfort, & happiness this Season! Love, Rachel

Great cookbook! The ingredients are what I would normally have in my pantry, the pictures are in color and the recipes are easy and delicious!

This cookbook is full of easy, healthy recipes! Even my husband will eat most of the recipes I have tried, and he is very much a "meat and potatoes only" kind of guy. There are a few typos in the book, and the printing looks "off" on a few pages, but for such a low price, I am willing to overlook it! You can order e-books from her website, but I wanted a hard copy book.

Love this book!

Great recipes

love love love

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!

very good book, great recipes

Yummy pumpkin recipes!

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Pumpkin Love - Autumn Clean Eating Cookbook - 65 Clean, Simple, and Delicious Pumpkin Recipes! Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Vegan Pumpkin Recipes: The 26 Most Delicious Pumpkin Recipes for Quick and Clean Eating Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-Food Recipes for Eating Clean Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating,) Pumpkin Stencils: 18 Funny & Spooky Faces, Pumpkin Carving Stencils, Pumpkin Carving Clean Eating: 70 Delicious & Nutritious Clean Eating Mediterranean Diet Recipes for Weight Loss & Health CROCK POT: Delicious, Healthy Crock Pot Recipes (2100 Crock Pot Recipes Cookbook, Clean Eating, Crockpot, Healthy Crock Pot, Crock Pot Chicken, Crock Pot Recipes Cookbook) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Meal Prep: The Complete Meal Prep Cookbook for Weight Loss and Clean Eating, 101 Amazing Meal Prep Recipes for Weight Loss and Clean Eating Clean Eating Cookbook: 150 Clean Eating Recipes to Lose Weight and Feel Great CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Easy Spring Roll Cookbook: 50 Delicious

Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) MEAL PREP: The Beginner's Guide to Meal Prep and Clean Eating for Busy People to Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss, meal planning, healthy cookbook) Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)