

October



History

Before the PSL, pumpkin spice referred to a blend of spices that was used to flavor pumpkin pie, often combining cinnamon, nutmeg, ginger, allspice, and cloves. The spice blend has long been a part of the American baking tradition. In fact, there are two recipes for spice-filled "pompkin" pie in Amelia Simmons' 1798 reprint of her cookbook *American Cookery*; one made with nutmeg and ginger, the other with allspice and ginger.

Centuries later, in the 1930s, spice manufacturing companies like Thompson & Taylor Spice Co and McCormick & Company came out with a revolutionary product: Pumpkin Pie Spice, a pre-blended mix that meant bakers could buy one spice instead of several. Thompson & Taylor's version, released in 1933, included nine spices. Today, McCormick's blend, which was originally launched in 1934, includes four spices: cinnamon, ginger, nutmeg, and allspice, plus sulfiting agents.

Pumpkin Pancakes

INGREDIENTS

- 1 cup [140 g] all-purpose flour
- 3 tablespoons brown sugar
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon pumpkin pie spice*
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- 1/2 teaspoon kosher salt
- 2 large eggs
- 3/4 cup pumpkin puree
- 3/4 cup milk of choice
- 1/4 cup neutral oil (or melted unsalted butter)

INSTRUCTIONS

1. In a medium bowl, whisk together the flour, brown sugar, baking powder, cinnamon, pumpkin pie spice, and salt.
2. In a separate bowl, whisk the eggs, then whisk in the pumpkin puree, milk, and oil (or melted butter).
3. Stir the wet ingredients into the dry ingredients and mix with a spatula until no dry patches remain and a smooth batter forms.
4. Lightly butter a skillet or griddle and wipe off extra grease with a paper towel. Heat the skillet to medium low heat. Pour the batter into small circles (about 1/4 cup). Cook the pancakes until the bubbles pop on the top and the bottoms are golden. Then flip them and cook until cooked through and no longer gooey at the edges (the batter may ooze out a bit at the sides; just keep cooking until fully cooked, adjusting the heat as necessary so they don't brown too fast).
5. Place the cooked pancakes under an inverted bowl to keep them warm. Repeat with the remaining batter, adjusting the heat as necessary to maintain an even temperature. Serve immediately with butter and maple syrup.

Find it online: <https://www.acouplecooks.com/pumpkin-pancakes/>

Iced Pumpkin Spice Latte

INGREDIENTS

- SHOTS ESPRESSO (2 OUNCES OR ¼ CUP STRONG COFFEE)
- 1 TABLESPOON PUMPKIN PUREE
- 1 TABLESPOON PURE MAPLE SYRUP
- ¼ CUP WHOLE MILK, 2% MILK OR OAT MILK
- ¼ TEASPOON PUMPKIN PIE SPICES (PURCHASED OR HOMEMADE)
- ICE
- WHIPPED CREAM OR DAIRY-FREE WHIPPED CREAM, TO SERVE (OPTIONAL)

INSTRUCTIONS

1. **Make the espresso:** Make the espresso using an espresso machine, manual espresso maker, French press, or Moka Pot. (Or, substitute strong coffee.)
2. **Froth the milk:** Place the milk and pumpkin spice blend in a covered jar and shake until foamy.
3. **Serve:** Add the espresso, pumpkin puree and maple syrup to a glass and stir until combined. Top with the frothed milk. If desired, top with whipped cream. Sprinkle with additional pumpkin spice.

Find online: <https://www.acouplecooks.com/iced-pumpkin-spice-latte/>

Pumpkin Baked Oatmeal

INGREDIENTS

- 2 cups Old Fashioned rolled oats (don't substitute steel cut or instant oats)
- ½ cup pecan pieces (or chopped pecans)
- 1 teaspoon baking powder
- 2 teaspoons Pumpkin Pie Spice (or 1 teaspoon ground cinnamon, ½ teaspoon ground ginger, ¼ teaspoon ground cloves and ¼ teaspoon ground nutmeg)
- ½ teaspoon kosher salt
- 1 cup pumpkin puree
- 1 ¾ cups milk of choice (dairy, almond or oat)
- 6 tablespoons pure maple syrup
- 2 tablespoons coconut oil, melted and cooled to room temp
- 1 tablespoon pure vanilla extract
- For serving: 1 tablespoon coconut oil melted with 1 tablespoon maple syrup or maple Greek yogurt*

INSTRUCTIONS

- Preheat the oven to 375 degrees Fahrenheit.*
- Butter an 8 x 8" or 9 x 9" pan. In a medium bowl, mix together the rolled oats, pecan pieces, baking powder, pumpkin spice, and kosher salt.
- Dump the dries into the prepared pan.
- In the same bowl, whisk together the pumpkin puree, milk, maple syrup, melted cooled coconut oil, and vanilla. Drizzle the milk mixture over the oats. Stir lightly with a fork to make everything gets evenly incorporated.
- Bake 40 to 45 minutes until the top is nicely golden and the oat mixture has set. Remove from the oven and allow to cool for about 10 minutes.
- Before serving, drizzle with maple syrup OR add maple Greek yogurt* plus a drizzle of maple. Store leftovers refrigerated for up to 1 week: reheat in a 300 degree oven or microwave until warm.
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Find Online: <https://www.acouplecooks.com/pumpkin-baked-oatmeal/>