

Fluvanna County Public Library

Spice of the Month Club

Pumpkin Pie Spice (Spice Blend)

Spice Blend Ingredients: Organic cinnamon, ginger, nutmeg & cloves
(Brand Name: Frontier Pumpkin Pie Spice Organic)



Pumpkin Pie Spice's ancestry traces to the Dutch East India Company in the 1600s, when Dutch colonization of the Spice Islands dramatically expanded the European spice cabinet. With more to work with, cooks started combining, and one result was "*speculaaskruiden*," a mix close to modern pumpkin spice with cardamom and pepper added. That blend went on to inspire pie spice, Baking Spice, and a whole family of sweet and savory mixes. By 1796 the combination appeared in the first known American cookbook, where Amelia Simmons called for mace, nutmeg, and ginger in a pumpkin pie.

Blends of pumpkin spice combine cinnamon, ginger, nutmeg, allspice, mace, and cloves. Proportions vary between brands and some add smaller amounts of other spices, but that group is the core of nearly every version you will find.

Homemade Pumpkin Pie Spice Recipe (Yield: about 5 Tbsp.)

- 3 tbsp. ground cinnamon
- 2 tsp. ground ginger
- 1 ½ tsp ground nutmeg
- 1 tsp. ground cloves
- 1 tsp. ground allspice
- pinch ground black pepper (small pinch, less than 1/8 tsp.)



1. Whisk all of the ingredients together in a small bowl. The ground ginger can clump, so whisk it very well to rid any clumps.
2. Pour spice mixture into your desired jar that seals well.

<https://sallysbakingaddiction.com/pumpkin-pie-spice/>

Pumpkin Spice Pork Tenderloin

Dry Rub

- 1 tsp. pumpkin pie spice
- ½ tsp. ground mustard
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper
- ⅛ tsp. crushed red pepper

Pork

- 1 boneless pork tenderloin
- 2 tbsp. olive oil

Glaze

- 1 cup brown sugar
- 2 tbsp. olive oil



1. Preheat the oven to 375° F.
2. In a small bowl, combine pumpkin pie spice, ground mustard, onion powder, garlic powder, salt, pepper, and crushed red pepper. Stir and rub on all sides of the pork loin. Let rest at room temp. for up to 2 hours.
3. Heat 2 tbsp. olive oil in a large skillet over medium heat. Add the pork loin and sear on all sides (about 4-5 minutes per side). Remove pork from pan and set on a cutting board.
4. In a small bowl, mix together the brown sugar, olive oil, and salt (optional – to taste). Rub all over the pork loin and then return the meat back to the skillet. Transfer the skillet to the oven and bake 15-20 minutes (or until meat reaches an internal temperature of 145°F).

<https://iamhomesteader.com/pumpkin-spice-pork-tenderloin/>

Pumpkin Spice Roasted Squash (4-6 servings)

- 1 lb. delicata squash, seeds removed and sliced in circles or half moons
- 1 butternut squash (small to medium), peeled, seeded, and cut in 1-2" cubes
- 2-3 tsp. Pumpkin Pie Spice
- ½ tsp. Kosher Salt
- 2 tbsp. olive or avocado oil
- Pepitas, for garnish (optional)
- Pomegranate seeds, for garnish (optional)



1. Preheat oven to 425° F. While oven preheats, prepare squash by cutting and removing seeds.
2. Place squash in a large mixing bowl and toss with oil. Add Pumpkin Pie Spice and salt, combine to coat.
3. Spread on a foil-lined baking sheet in a single layer.
4. Roast for 20-25 minutes, stirring once, or until squash is tender.
5. Remove from oven, place in a serving dish and garnish with pepitas and/or pomegranate seeds.

<https://www.savoryspiceshop.com/blogs/recipes/pumpkin-spice-roasted-squash>

Coffee Shop Pumpkin Spice Sauce (Yield: 3 cups)

- ½ cup brown sugar, packed
- ½ cup water
- 1 (14 oz.) can sweetened condensed milk
- ½ cup pumpkin puree
- 2 tsp. Pumpkin Pie Spice
- ½ tsp. sea salt



1. In a small pot over medium-high heat, combine brown sugar and water and bring to a boil. Lower heat and add sweetened condensed milk, pumpkin puree, Pumpkin Pie Spice, and sea salt. Whisk to smooth out any lumps and simmer mixture for 2 to 3 min. to let flavors meld.
2. Remove from heat and let cool. Store in fridge for 4 to 6 weeks.

<https://www.savoryspiceshop.com/blogs/recipes/coffee-shop-pumpkin-spice-sauce>

Pumpkin Spice Spread (14 servings)

- 1 container (8 ounces) whipped cream cheese
 - ¼ cup canned pumpkin
 - 2 tbsp. firmly packed brown sugar
 - 2 tsp. Pumpkin Pie Spice
 - ¼ cup finely chopped pecans
1. Beat cream cheese, pumpkin, brown sugar and pumpkin pie spice in medium bowl with electric mixer on medium speed until blended. Stir in pecans. Cover.
 2. Refrigerate until ready to serve.



<https://www.mccormick.com/blogs/recipes/pumpkin-spice-spread>

Twice Baked Pumpkin Pie Sweet Potatoes (Serves 6)

- 6 medium sweet potatoes
 - 1 tbsp. olive oil
 - 2 tsp. Pumpkin Pie Spice, divided
 - ½ cups plain Greek-style yogurt, divided
 - 2 tbsp. butter, softened
 - 1 tbsp. packed brown sugar
 - ¼ tsp. salt
 - ¼ tsp. orange extract
1. Preheat oven to 350°F. Rub sweet potatoes all over with oil. Place on parchment paper-lined baking sheet. Sprinkle sweet potatoes evenly with 1 tsp. of the pumpkin pie spice. Bake 55 minutes or until tender. Cool sweet potatoes slightly.
 2. Make a lengthwise slit along top of each sweet potato with small knife. Squeeze ends of each sweet potato towards the middle to push the flesh out of the top. Use a spoon to scoop the flesh, leaving enough in the skin to keep the shells intact. Mix sweet potato flesh, ¾ cup of the yogurt, butter, brown sugar, remaining 1 tsp. pumpkin pie spice and salt in medium bowl until well blended. Spoon mixture into sweet potato shells, mounding slightly. Gently press sides of sweet potatoes together.
 3. Bake 10 to 15 minutes or until browned and heated through. Meanwhile, mix remaining ¾ cup yogurt and orange extract. Serve sweet potatoes with dollop of yogurt mixture and a sprinkle of additional pumpkin pie spice.



<https://www.mccormick.com/blogs/recipes/twice-baked-pumpkin-pie-sweet-potatoes>

Pumpkin Facts

The largest pumpkin ever weighed 2,749 pounds in October 2023. It was named Michael Jordan.

Over 85% of the world's canned pumpkin comes from one company in Morton, Illinois.

Fettuccine Pumpkin Alfredo (8 servings)

- 1 package (16 ounces) fettuccine
- 3 cups milk
- 1 cup canned pumpkin
- ½ cup grated Parmesan cheese
- 2 Tbsp. flour
- 1 tsp. Pumpkin Pie Spice
- ½ tsp. Chipotle Chili Pepper
- ½ tsp. salt
- 8 slices bacon, chopped
- 1 small onion, chopped



1. Cook pasta as directed on package. Drain well.
2. Meanwhile, mix milk, pumpkin, Parmesan cheese, flour, pumpkin pie spice, chipotle chili pepper and salt in medium bowl until well blended. Set aside. Cook bacon in large skillet on medium-high heat until slightly crisp. Remove bacon. Drain on paper towels. Set aside.
3. Remove all but 2 tbsp. bacon drippings from skillet. Add onion; cook and stir 3 minutes. Stir in pumpkin mixture. Reduce heat to low; simmer 10 minutes or until thickened, stirring occasionally.
4. Place pasta in serving bowl. Add pumpkin sauce; toss to coat well. Top with crisp bacon.

<https://www.mccormick.com/blogs/recipes/fettuccine-pumpkin-alfredo>

Pumpkin Snickerdoodles (Makes 60 cookies)

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| • 3 cups flour | • 2 eggs |
| • 2 tsp. cream of tartar | • 2 tsp. vanilla extract |
| • 1 tsp. baking soda | • 2 Tbsp. Pumpkin Pie Spice |
| • 2 cups sugar, divided | • 1/8 tsp. salt |
| • 1 cup (2 sticks) butter, softened | |
| • 1 cup canned pumpkin puree | |



1. Mix flour, cream of tartar and baking soda in medium bowl. Set aside. Beat 1 ½ cups of the sugar and butter in large bowl with electric mixer on medium speed until light and fluffy. Add pumpkin, eggs and vanilla; mix well. Gradually beat in flour mixture on low speed until well blended. Cover. Refrigerate dough 2 hours.
2. Preheat oven to 400°F. Mix remaining ½ cup sugar, pumpkin pie spice and salt in medium bowl. Shape dough into 1 ½ inch balls. Roll in sugar mixture to coat. Place 2 inches apart on baking sheets.
3. Bake 10 to 12 minutes or until lightly browned. Cool on baking sheets 5 minutes. Remove to wire racks; cool completely.

<https://www.mccormick.com/blogs/recipes/pumpkin-snickerdoodle>

Pumpkin Pie Milkshake (3 servings)

- 5 scoops vanilla ice cream
- ⅓ cup milk
- 3 tbsp. pumpkin pie filling
- 1 tsp. brown sugar
- ½ tsp. pumpkin pie spice

Combine ice cream, milk, pumpkin pie filling, brown sugar, and pumpkin pie spice in a blender; blend until smooth. Pour into a glass; serve.

<https://www.allrecipes.com/recipe/245292/pumpkin-pie-milkshake/>



Chewy Pumpkin Chocolate Chip Cookies (Yield: 18 cookies)

- ½ cup unsalted butter, melted & slightly cooled
- ¼ cup packed light or dark brown sugar
- ½ cup granulated sugar
- 1 tsp. pure vanilla extract
- 6 tbsp. pumpkin puree (use paper towel to squeeze extra juice out)
- 1 ½ cups all-purpose flour
- ¼ tsp. salt
- ¼ tsp. baking powder
- ¼ tsp. baking soda
- 1 ½ tsp. ground cinnamon
- 1 tsp. pumpkin pie spice
- ½ cup semi-sweet chocolate chips, plus a few extra for the tops



1. Whisk the melted butter, brown sugar, and granulated sugar together in a medium bowl until no brown sugar lumps remain. Whisk in the vanilla and squeezed pumpkin until smooth. Set aside.
2. Whisk the flour, salt, baking powder, baking soda, cinnamon, and pumpkin pie spice together in a large bowl. Pour the wet ingredients into the dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft. Fold in ½ cup semi-sweet chocolate chips. The chips may not stick to the dough because of the melted butter, but do your best to combine.
3. Cover the dough and chill for 30 minutes or up to 3 days. Chilling the dough is imperative for this recipe.
4. Remove dough from the refrigerator. Preheat oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats.
5. Scoop the dough, about 1.5 Tablespoons of dough per cookie, and roll each into balls. Arrange cookie dough balls 3 inches apart on the prepared baking sheets. Using the back of a spoon or the bottom of a cup, slightly flatten the tops of the dough balls. (Without doing so, the cookies may not spread.)
6. Bake for 11-12 minutes or until the edges appear set. The cookies will look very soft in the center. Remove from the oven. If you find that your cookies didn't spread much at all, flatten them out with the back of a spoon when you take them out of the oven. If desired, press a few chocolate chips into the tops of the warm cookies. This is only for looks.

7. Cool cookies on the baking sheets for at least 10 minutes before transferring to a wire rack to cool completely. The longer the cookies cool, the even better they taste!
8. Cookies stay fresh covered at room temperature for up to 1 week.

<https://sallysbakingaddiction.com/pumpkin-chocolate-chip-cookies/>

Pumpkin Pie Dessert Hummus

- 1 (14.5 oz) can low sodium chickpeas drained and rinsed
- 1 (15 oz) can pure pumpkin puree
- ¼ cup maple syrup
- 1-2 tsp. pumpkin pie spice
- 1 tsp. ground cinnamon
- 2 tsp. vanilla extract
- ¼ tsp. salt
- 1/4-3/4 cup canned coconut milk

1. Add all of the ingredients except for the coconut milk to a blender. Blend on high speed, scraping sides occasionally, until the mixture is smooth.
2. Add ¼ cup of coconut milk to the hummus mixture and blend well. If a thinner consistency is desired, add additional coconut milk 1 tablespoon at a time, until the desired consistency is reached.
3. Transfer hummus to a serving bowl and top with crushed graham crackers, pecans, chocolate chips or an extra drizzle of maple syrup, if desired. Serve with fresh apple slices, apple chips, strawberries, ginger snaps, graham crackers, green grapes or pretzels.



<https://www.hauteandhealthyliving.com/pumpkin-pie-hummus/>

Pumpkin Mousse Parfaits

- 1 cup graham cracker crumbs
- 1 (1-ounce sugar-free OR 3.56-ounce regular) package instant white chocolate pudding mix
- 1 cup fat free milk
- 15 ounce canned pumpkin
- 1 ½ tsp. pumpkin pie spice
- 16-ounce carton whipped topping; divided
- Dash of ground nutmeg

1. Place pudding mix into a large mixing bowl. Whisk milk into the pudding mix until the mixture starts to thicken.
2. Whisk pumpkin spice and pumpkin puree into the pudding mixture.
3. Fold in 8 ounces of whipped topping.



4. Carefully spoon 2 tablespoons graham cracker crumbs into the bottom of a parfait glass. Spoon in 4 - 5 tablespoons pumpkin mixture, followed by 2 tablespoons whipped topping. Repeat the layering process until the glass is full.
5. Garnish with a dollop of whipped topping, a sprinkle of nutmeg, and/or graham cracker crumbs.
6. Refrigerate for 1 hour before serving, (or overnight).

<https://blessedbeyondcrazy.com/pumpkin-mousse-parfaits/>

Pumpkin Spice Snack Mix (12 servings)

- 4 cups honey nut Chex cereal
- 2 cups pretzels
- 6 oz bag Caramel Bugles (or regular Bugles)
- ¼ cup butter *melted*
- ¼ cup brown sugar
- 1 tbsp. Pumpkin Pie Spice
- ½ tsp. vanilla extract
- 8 oz bag Fall M&M's *if you cannot find them you can use regular M&M's and add in caramel chips, toffee bits, or peanut butter chips.*
- 1 cup harvest candy mix *candy corn, candy pumpkins*
- ½ cup Reese's pieces



1. In a large mixing bowl, mix the cereal, pretzels and Bugles, honey nut Chex cereal, and pretzels.
2. In a small bowl, stir together melted butter, brown sugar, pumpkin pie spice, and vanilla and then pour over the dry mix. Stir to coat.
3. On a baking sheet lined with parchment paper or a Silpat, spread out the mixture into an even layer
4. Bake at 275 for 45 minutes, stirring every 15 minutes.
5. Spread on wax paper to cool and then toss with the candy pieces.
6. Store in an airtight container and eat by the hearty handful

<https://princesspinkygirl.com/pumpkin-spice-snack-mix/>

Resources

The Complete Autumn & Winter Cookbook by America's Test Kitchen – 641.564 AME

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Fall Shakes to Harvest Bakes by LaPenta – J 641.5 F/LAP

Sally's Cookie Addiction by McKenney – 641.8654 MCK

The Science of Spice by Stuart Farrimond – 641.3383 FAR

Spiced by America's Test Kitchen – 641.6383 AME

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Pumpkin Donut Holes (makes about 31 holes)

- 1 ½ cups all-purpose flour
- ¼ cup brown sugar
- 1 ½ tsp. baking powder
- ¼ tsp. salt
- 1 tsp. pumpkin pie spice
- 1 large egg
- ¾ cup pumpkin puree
- 1 tsp. vanilla extract
- ½ cup whole milk
- 2 tablespoons unsalted butter (melted)



Cinnamon Sugar

- ½ cup unsalted butter (melted)
- 1 ½ tsp. ground cinnamon
- 1 ½ cup sugar

Instructions

1. Preheat oven to 375F. Grease mini muffin tin. Set aside.
2. Whisk flour, brown sugar, baking powder, salt and pumpkin pie spice together in medium bowl. Set aside.
3. Beat egg in medium bowl. Add milk, pumpkin puree, and vanilla extract. Whisk until fully combined.
4. Add egg mixture to flour mixture and stir until fully combined. Add melted butter. Stir until combined.
5. Transfer 1 tablespoon of batter to each muffin tin cavity.
6. Bake for 10 minutes or until donut holes bounce back slightly when pressed. Remove from oven and let cool on cooling rack.

Cinnamon Sugar

1. Combine cinnamon and sugar in small bowl. Set aside.
2. Melt butter in small bowl. Set aside.
3. Once donut holes have cooled and are ready to be enjoyed, dip each in melted butter. Shake off excess. Roll in cinnamon sugar.

https://www.letseatcake.com/pumpkin-donut-holes/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=476937628_16798750_110905

Fun Fact

The largest pumpkin pie ever baked weighed 3,699 pounds.

Pumpkin pie recipes originated in the colonies, just not as we know them today. Colonists would cut the tops of pumpkins off, remove the seeds, fill the pumpkins with milk, spices and honey, then bake them in hot ashes.