



10 Fall-Inspired Dessert Recipes

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Chocolate Pumpkin Muffins

13 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a large bowl combine the ground flax and water. Let it sit for five minutes or until thickened.
3. To the same bowl, add the pumpkin, oat milk, coconut sugar, and coconut oil. Mix until smooth. Then add the oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt. Stir well until combined. Fold in the chocolate chips, if using.
4. Fill each muffin liner about 3/4 full and place in the oven to bake for 22 to 25 minutes, until cooked through. Remove from the oven and let cool before serving or storing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size

One serving is equal to one muffin.

No Oat Milk

Use almond milk.

Additional Toppings

Chopped pecans or walnuts.

Ingredients

- 1 **tblsp** Ground Flax Seed
- 3 **tblsps** Water
- 1 **cup** Pureed Pumpkin
- 1/4 **cup** Oat Milk
- 1/3 **cup** Coconut Sugar
- 1/4 **cup** Coconut Oil
- 1 1/3 **cups** Oat Flour
- 1/2 **cup** Cocoa Powder
- 2 **tsps** Pumpkin Pie Spice
- 1 **tsp** Baking Powder
- 1/2 **tsp** Baking Soda
- 1/4 **tsp** Sea Salt
- 1/2 **cup** Dark Chocolate Chips (optional)

Cranberry Banana Bread

9 ingredients · 1 hour 10 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a loaf pan with parchment paper.
2. In a mixing bowl, whisk together the sugar and butter until well combined.
3. Mix in the banana, milk, and eggs until incorporated. Then add the flour and baking powder. Fold in the cranberries.
4. Transfer the batter to the loaf pan and bake for one hour, or until a toothpick comes out clean. (If the top browns before being fully cooked, cover with foil.) Let cool before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days, or freeze for up to two months.

Serving Size

One serving equals one slice when making 10 servings in a nine-by-five-inch loaf pan.

Gluten-Free

Use all purpose gluten-free flour.

Dairy-Free

Use vegan butter and an alternative milk of your choice.

More Flavor

Add vanilla extract, cinnamon, and/or orange zest.

Additional Toppings

Add chopped walnuts or almonds.

Flour Measurement

16 oz (453.5 grams) of flour is equal to two cups of flour.

Ingredients

- 1/2 cup Cane Sugar
- 1/3 cup Butter (room temperature)
- 2 Banana (very ripe, mashed)
- 1/4 cup Cow's Milk, Reduced Fat
- 2 Egg
- 16 ozs Unbleached All Purpose Flour
- 2 tsps Baking Powder
- 1 1/2 cups Frozen Cranberries (roughly chopped)
- 1/2 tsp Sea Salt

Pumpkin Pudding with Gelatin

8 ingredients · 3 hours · 3 servings



Directions

1. Add the almond milk to a small mixing bowl and whisk. Sprinkle the gelatin over top and set aside. Let it sit while you prepare the rest. (Do not mix.)
2. In a small pot over medium-low heat, add the coconut milk, pureed pumpkin, monk fruit sweetener and pumpkin pie spice and whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm.
3. Remove the coconut milk mix from the heat and slowly pour it into the mixing bowl with the gelatin, whisking while you pour.
4. Place a sieve over the top of your jars and use a large spoon to transfer the pudding mixture into the jars through the sieve. (The sieve will ensure there are no clumps of gelatin remaining.) Store the jars in the fridge for two hours to set.
5. Remove the jars from the fridge and top each with coconut whipped cream and pumpkin seeds. Enjoy!

Notes

Likes it Sweet

Add more monk fruit sweetener.

No Monk Fruit Sweetener

Sweeten with maple syrup, honey or coconut sugar instead.

Ingredients

- 1/4 cup Unsweetened Almond Milk
- 1/4 oz Gelatin
- 1 2/3 cups Canned Coconut Milk (full fat)
- 1 cup Pureed Pumpkin
- 3 tbsps Monk Fruit Sweetener
- 1 tsp Pumpkin Pie Spice
- 3 tbsps Coconut Whipped Cream
- 1 tbsp Pumpkin Seeds

Slow Cooker Baked Apples

7 ingredients · 2 hours · 4 servings



Directions

1. In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
2. In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
3. Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
4. Top with any leftover granola before serving. Enjoy!

Notes

Serve it With

Coconut cream, cashew cream, yogurt, or ice cream.

No Slow Cooker

Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 1/4 cup Apple Cider Vinegar
- 1/4 cup Water
- 1 tbsp Maple Syrup (divided)
- 3/4 cup Granola
- 1 tbsp Coconut Oil (melted)
- 1 tsp Cinnamon
- 4 Apple (medium, cored, leaving 1/2 inch at the bottom)

Chocolate Nutty Baked Pears

7 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
3. In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
4. Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

Serving Size

One serving is equal to one pear half.

Nut-Free

Omit the walnuts and top with nut-free granola or use pumpkin seeds.

No Pomegranate

Use fresh cranberries instead.

Ingredients

- 3 Pear (sliced in half, cored)
- 1/4 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1 1/2 tps Maple Syrup
- 2 tbsps Pomegranate Seeds
- 1 tbsps Dark Chocolate Chips (for drizzling)
- 1/2 tsp Coconut Oil (for drizzling)

Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder

Use tapioca flour instead.

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

Homemade Pumpkin Pie Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.

Cranberry Apple Oat Crisp

7 ingredients · 50 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
2. Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
3. In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
4. Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

More Flavor

Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

Additional Toppings

Top with whipped coconut cream, ice cream or yogurt.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

Apple Crisp

10 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
2. Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
3. Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
4. Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
5. Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
6. Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
7. Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
8. Scoop into bowls and serve with coconut ice cream.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Homemade Oat Flour

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

Ingredients

- 2 Apple (cored and sliced)
- 1/3 cup Maple Syrup (divided)
- 1 tbsp Coconut Flour (or 1 tbsp)
- 1/4 cup Unsweetened Applesauce
- 1 cup Oat Flour
- 3/4 cup Oats
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/3 cup Coconut Oil
- 1 cup Coconut Ice Cream (optional)

Pumpkin Spice Banana Ice Cream

6 ingredients · 10 minutes · 2 servings



Directions

1. In a food processor or high-speed blender, add all of the ingredients and blend until a creamy consistency is reached. Occasionally scrape down the sides and continue to blend if needed.
2. Divide into bowls right away for a soft serve style ice cream or freeze for 30 minutes for slightly firmer ice cream. Enjoy!

Notes

Leftovers

Best enjoyed immediately or within 60 minutes after freezing.

Serving Size

One serving is equal to approximately 1/2 cup.

No Coconut Milk

Use cow's milk or any other alternative milk.

Make it Vegan

Omit collagen powder.

Homemade Pumpkin Pie Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger, and 1 tbsp ground allspice. Store in an airtight container.

Ingredients

- 2 cups** Frozen Banana (ripe)
- 3/4 cup** Pureed Pumpkin
- 1 1/2 tsps** Pumpkin Pie Spice
- 1 tbsp** Maple Syrup
- 2/3 oz** Collagen Powder
- 2 tbsps** Plain Coconut Milk (from the carton)