

Add a Little Spice to Your Life!

Grab & Go Spice Kits for Adults: **Pumpkin Pie Spice**

Do you love to cook? Do you like to try new flavors and recipes? Or maybe you are in a cooking rut and don't know how to start expanding your cooking repertoire. Let us help you get spicy in the kitchen. Your kit includes a pre-measured packet of pumpkin pie spice and a few recipes.

What is pumpkin pie spice? Pumpkin pie spice does not actually contain pumpkin. It is a spice blend that got its name because it is traditionally used to flavor pumpkin recipes. While there are references to similar spice blends in cookbooks dating as far back as the late 1790s, it wasn't until McCormick introduced a spice mix branded as "pumpkin pie spice" in 1934 that the blend got its current name. This mix was a response to the invention of pureed canned pumpkin that Libby's had introduced in 1929. McCormick's pumpkin pie spice contains cinnamon (which balances blood sugar levels), ginger (which is highly anti-inflammatory and supports immune health), nutmeg (which is rich in antioxidants and has antiviral and antimicrobial actions) and allspice (which has anti-bacterial and anti-cancer properties). Some pumpkin pie spice blends also contain cloves and mace.

Easy ways to add pumpkin pie spice to your diet. On August 24, 2003, Starbucks introduced its Pumpkin Spice Latte, also known as PSL. Since then, Starbucks has sold more than 600 million PSLs helping to make pumpkin pie spice the unofficial flavor of fall.

- **Make your own homemade PSL** by adding 2 tablespoons pumpkin purée, ½ teaspoon pumpkin pie spice, 1½ tablespoons cane sugar, 1 tablespoon vanilla extract and 2 cups milk in a blender. Blend until smooth and consistent. Pour ½ cup hot coffee into the blender and blend until it's all mixed together.
- **Make pumpkin spiced butter** by combining 2 cans (15 ounce) pumpkin puree, ⅓ cup apple cider, ½ cup maple syrup, 1 tablespoon vanilla extract, 1 tablespoon pumpkin pie spice, 1 teaspoon cinnamon, ½ teaspoon kosher salt in a medium saucepan. Bring to a gentle boil over medium heat. Cook, stirring often until the pumpkin thickens slightly, but is spreadable, about 20-30 minutes. Cool completely, then transfer to containers.
- **Make pumpkin spice syrup** by combining 1 cup water, ½ cup packed light brown sugar, ⅓ cup granulated sugar, ⅓ cup canned pumpkin puree, 2 teaspoons pumpkin pie spice, 1 teaspoon vanilla extract and a pinch of kosher salt in a small saucepan over medium heat. Bring to a simmer and cook, stirring occasionally, until sugars dissolve and mixture thickens slightly, 5 to 6 minutes. Let cool completely, then transfer to a resealable container.

Recipes featuring pumpkin pie spice.

- *Coconut Chia Banana Pudding Parfait*
- *Pumpkin Muffins*
- *Pumpkin Spice-Rubbed Pork Loin*
- *Spicy Pumpkin Chili*

Need more inspiration? You can watch a six-part Great Courses class called *The Everyday Gourmet: Essential Secrets of Spices in Cooking* for free with your library card by using a [Hoopla Great Courses BingePass](#) or streaming on [Kanopy](#).

Coconut Chia Banana Pudding Parfait

By EA Stewart

Yield: 6

INGREDIENTS

- 1 ½ cups canned light coconut milk
- 1 ½ cups unsweetened soy milk
- 2 teaspoons pumpkin pie spice
- 1 teaspoon pure vanilla extract
- ⅛ teaspoon salt
- 7 peeled bananas
- ¾ cup chia seeds
- 1 ½ cups vanilla Greek yogurt
- 3 tablespoons shredded unsweetened coconut

PREPARATION

1. Combine the coconut milk, soy milk, pumpkin pie spice , vanilla extract, salt and 4 of the bananas (broken in half) in a blender. Blend on high speed until smooth. Put the chia seeds in a medium mixing bowl or a large glass jar and pour the banana mixture on top. Stir well to combine, and put mixture in the refrigerator for 4 hours or up to overnight to thicken. (Stir the mixture after 1 hour to ensure no chia seeds settle to the bottom of the bowl or jar.)
2. Slice the remaining bananas. Spoon ¾ cup chia pudding into each of 6 bowls, jars or parfait glasses, and top each serving with ¼ cup yogurt, a sixth of the banana slices, ½ tablespoon coconut and serve.

Cook's Note: Serve with non-dairy yogurt (coconut milk, soy milk or almond milk) instead of Greek yogurt for a dairy-free, vegan version.

Pumpkin Muffins

By Deb Perelman

Yield: 12 muffins

INGREDIENTS

- 1 1/2 cups all-purpose flour (have successfully swapped whole wheat flour for half)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon table salt
- 1 teaspoon pumpkin-pie spice
- 1 cup (original recipe) to 1 1/3 cup (what I use these days; makes it even more rich) canned solid-pack pumpkin (from a 15 ounce can, not pumpkin pie filling, which is sweetened and spiced)
- 1/3 cup vegetable or another neutral cooking oil
- 2 large eggs
- 1 1/4 cups plus 1 tablespoon granulated sugar
- 1 teaspoon cinnamon

PREPARATION

1. Heat oven to 350 degrees. Put liners in 12 standard-sized muffin cups.
2. Stir or whisk together flour, baking powder, baking soda, salt and spice in a small/medium bowl.
3. In a larger bowl, whisk together pumpkin, oil, eggs and 1 1/4 cups sugar. Add dry ingredients to wet and stir until just combined. Divide batter among muffin cups (each about 3/4 full).
4. Stir together the last tablespoon of sugar and teaspoon of cinnamon. Sprinkle over each muffin.
5. Bake until puffed and golden brown and wooden pick or skewer inserted into the center of a muffin comes out clean, 25 to 30 minutes.
6. Cool in pan on a rack for five minutes, then transfer muffins from pan to rack and cool to warm or room temperature.

Do ahead: Most muffins don't keep well, but these are excellent on Day 2 (after being stored in an airtight container at room temperature) and not bad at all on Day 3. If longer, I'd keep them in the freezer until needed.

Pumpkin Spice-Rubbed Pork Loin

By Sunny Anderson

Yield: 4

INGREDIENTS

- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon mustard powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Salt
- 1/2 teaspoon freshly ground black pepper
- 1 (2 pound) boneless pork loin end roast
- 1/4 cup olive oil, divided
- 1 cup brown sugar

PREPARATION

1. Preheat the oven to 350 degrees F.
2. In a small bowl, add the pumpkin pie spice, mustard powder, onion powder, garlic powder, a pinch of salt and a grind or 2 of pepper. Stir and rub on all sides of the pork loin. Let rest at room temperature for up to 2 hours.
3. Add 2 tablespoons of oil to an ovenproof saute pan and, just when the oil begins to swirl, add the pork loin and sear on all sides until golden, about 3 minutes each side. Remove to a plate.
4. In a small bowl, mix together the brown sugar, remaining 2 tablespoons oil and a pinch of salt. Rub onto the pork on all sides. Then place back into the pan and into the oven. Bake until the pork is cooked through, about 35 minutes for medium. Let the meat rest about 10 minutes before slicing.

Spicy Pumpkin Chili

By Dac Kennedy

INGREDIENTS

- 1 pound ground beef
- ½ teaspoon crushed red pepper flakes, or to taste
- 1 teaspoon minced garlic
- ½ large onion, diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can Great Northern beans, rinsed and drained
- 1 (8 ounce) can tomato sauce
- 1 (4 ounce) can tomato sauce with garlic and onions
- 2 (14.5 ounce) cans petite diced tomatoes
- 1 (14.5 ounce) can fire roasted diced tomatoes
- 1 (15 ounce) can pumpkin puree
- 2 teaspoons pumpkin pie spice
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt, or to taste

PREPARATION

1. Heat a large skillet over medium-high heat; cook and stir the beef in the skillet until crumbly and no longer pink, about 5 minutes. Stir in the red pepper flakes, garlic, and onion: continue cooking until the beef has browned and the onion has softened and turned translucent. Add the green and red bell pepper and cook 5 minutes more.
2. While the beef is cooking, combine the kidney beans, black beans, Great Northern beans, tomato sauce, tomato sauce with garlic and onions, petite diced tomatoes, fire roasted diced tomatoes, and pumpkin puree in a large slow cooker. Season with pumpkin pie spice, chili powder, cumin and salt. Stir in the ground beef mixture.

3. Cook on Low until the chili is hot, 1 to 2 hours.

Note: This recipe can be made on the stovetop too. Cooking time would be reduced to 30-45 minutes for chili to simmer.