

GENTLE (gt) TUMMY

Sweet • PUMPKIN •

GLUTEN-FREE

RECIPE EBOOK



NICOLE BONILLA

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NUTRITION DISCLAIMER

The nutritional information provided in this guide is an estimate based on standard measurements and common brands. Actual nutritional values may vary depending on the specific ingredients you use and their brands. If you have any food allergies, it's important to consult with a healthcare professional before consuming these recipes. Always double-check ingredient labels to ensure they are free of allergens you may have.

MEDICAL DISCLAIMER

The content in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition or replace the advice and guidance of your healthcare professional. If you suspect a medical condition, I strongly suggest that you seek medical attention immediately.

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Looking for Gluten-Free Pumpkin Recipes Everyone Will Love?

I get it! We all want cozy fall recipes that are easy to make, full of flavor, and actually good for you. So many pumpkin treats are loaded with refined sugar and flour that leave you feeling heavy, but it doesn't have to be that way. With the right blend of gluten-free flours and natural sweeteners, you can enjoy your favorite fall bakes without the crash. Every recipe in this book adds a boost of protein and healthy fats to keep you satisfied and energized.

**You're about to whip up easy pumpkin recipes made with
healthier swaps that taste amazing!**



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Better-For-You Pumpkin Baking Made Simple

If I'm making a sweet treat, I want to make it worth it! Yes, I want to satisfy my sweet tooth—but in a way that's also nourishing and doesn't leave me feeling gross or guilty afterwards. That's why every recipe in this book is made with clean ingredients and cozy pumpkin flavor in mind.

EASIER ON DIGESTION

Gluten-free flours like oat, almond, and tapioca are gentler for sensitive tummies and still create the perfect texture.

NATURALLY SWEETENED

Sweetened with maple syrup, honey, and coconut sugar, these recipes skip refined white sugar for more flavor and less processing.

PROTEIN & HEALTHY FATS

Greek yogurt, cottage cheese, almond butter, and light oils add staying power and balance so you feel fueled, not weighed down.

EFFICIENT & DOABLE

Quick steps and simple methods make these recipes easy to pull off—and beautiful enough to share at any gathering.

From breakfast muffins to holiday pies, every recipe gives you that cozy pumpkin fix in a way that tastes amazing and feels good, too.



CALORIES.....	284
CARBS.....	35g
PROTEIN.....	5g
FAT.....	14g
SUGAR	16g
FIBER.....	2g
IRON	1mg

Mini Pumpkin Pies

SERVINGS: 12

These mini pies feature an oat flour crust with cottage cheese for extra protein and maple syrup for natural sweetness. Perfect for Thanksgiving or Christmas, they're a gluten-free dessert everyone will love.

INGREDIENTS

Pie Crust:

1-1/2 cups oat flour (180g)
1/2 cup tapioca flour (60g)
1/2 teaspoon cinnamon
1/4 teaspoon salt
3/4 cup butter (170g)
3 tablespoons maple syrup
2 tablespoons cold water

Pumpkin Filling:

15 ounce pumpkin puree
1/2 cup cottage cheese
1/3 cup cane sugar
1/3 cup maple syrup
2 teaspoons vanilla extract
3 tablespoons tapioca flour
2 teaspoons pumpkin pie spice
1/2 teaspoon ginger
1/2 teaspoon salt
3 eggs

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and lightly grease your muffin pan.
2. In a mixing bowl or food processor, combine oat flour, tapioca flour, salt, and cinnamon. Pulse until blended. Cut butter into small pieces and maple syrup into the mixture and pulse until the mixture is crumbly. Add cold water and pulse until a dough forms.
3. Divide the dough into equal portions. Press the dough into the muffin tin to form the crusts. You can also roll the dough with a rolling pin and then press it inside the muffin cups. Poke several holes in the bottom of each crust using a fork.
4. Wash out your food processor and add pumpkin puree, cottage cheese, cane sugar, maple syrup, vanilla extract, tapioca flour, pumpkin pie spice, ginger, and salt and blend until smooth and you no longer see the cottage cheese curdles. Add the eggs and mix just until blended.
5. Spoon the pumpkin filling into the crusts with a large cookie scoop or measuring cup, filling each one nearly full.
6. Bake for 35–40 minutes, or until the filling is set and a toothpick comes out clean when inserted.
7. Let them cool completely before serving and adding whipped cream on top.



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CALORIES..... 304
CARBS..... 29g
PROTEIN..... 6g
FAT..... 19g
SUGAR 17g
FIBER..... 3g
IRON 2mg

Pumpkin Bread & Cream Cheese Frosting

SERVINGS: 12 SLICES

Made with oat and almond flour, this tender pumpkin bread is inspired by Starbucks. Topped with maple-sweetened cream cheese frosting, it's a lighter take on a fall classic.

INGREDIENTS

Pumpkin Bread

15 ounces pumpkin puree (1 can)

1/3 cup avocado oil

3/4 cup cane sugar (168g)

2 teaspoons vanilla extract

1/8 teaspoon maple extract

2 eggs

1 cup oat flour (132g)

1 cup almond flour (110g)

1/4 cup gluten-free flour (44g)

1-1/2 teaspoons baking powder

1/2 teaspoon baking soda

1 teaspoon cinnamon

1 teaspoon pumpkin pie spice

1/2 teaspoon salt

1/4 cup pepitas

Cream Cheese Frosting:

4 ounces cream cheese

3 tablespoons butter

1/2 teaspoon vanilla extract

1/2 teaspoon lemon juice

2 tablespoons maple syrup

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and line a loaf pan with parchment paper for easy removal.
2. In a large mixing bowl, combine pumpkin puree, avocado oil, cane sugar, vanilla extract, and maple extract. Whisk until smooth and well-blended. Add eggs to the mixture and whisk until fully incorporated.
3. Add the dry ingredients, including oat flour, almond flour, gluten-free flour, baking powder, baking soda, cinnamon, pumpkin pie spice, and salt, and whisk until smooth.
4. Pour the batter into the prepared loaf pan. Sprinkle pepitas over the top of the loaf if you would like to include them.
5. Bake until a toothpick inserted into the center comes out clean. Let it cool completely before adding the frosting.
6. Beat cream cheese and butter together until smooth. Add vanilla extract, lemon juice, and maple syrup, and mix until creamy. Spread over the cooled bread or serve on the side for dipping.



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CALORIES.....	265
CARBS.....	23g
PROTEIN.....	6g
FAT.....	15g
SUGAR	13g
FIBER.....	.4g
IRON	2mg

Pumpkin Banana Bread Muffins

SERVINGS: 12

Moist and fluffy, these muffins combine banana, pumpkin puree, cottage cheese, and chocolate chips. They're naturally sweetened and made with almond and oat flour for a healthier twist.

INGREDIENTS

1/4 cup light olive oil (60ml)
1 banana
2/3 cup pumpkin puree
1/4 cup cottage cheese (60ml)
2 teaspoons vanilla extract
2 teaspoons apple cider vinegar
1/2 cup cane sugar (120g)
2 eggs
1-1/3 cups oat flour (168g)
1 cup almond flour (113g)
2 teaspoons baking powder
1/4 teaspoon baking soda
2 teaspoons pumpkin pie spice
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 cup chocolate chips (107g)

INSTRUCTIONS

1. Preheat your oven to 425°F (220°C). Line a muffin tin with paper liners or grease it lightly with oil. Spray the paper liners lightly with non-stick spray.
2. In a blender, food processor, or bowl with an immersion blender, add the ripe banana, pumpkin puree, cottage cheese, light olive oil, vanilla extract, and apple cider vinegar. Blend until the curdled texture of the cottage cheese is smooth. Transfer to a mixing bowl.
3. Add the eggs and cane sugar to the mixing bowl. Whisk until well combined.
4. Add the dry ingredients to the bowl, including oat flour, almond flour, baking powder, baking soda, pumpkin pie spice, cinnamon, and salt. Mix just until combined. Be careful not to overmix.
5. Gently fold in chocolate chips or your favorite add-ins to the muffin batter.
6. Divide the batter evenly among the prepared muffin cups, filling each about two-thirds full. Press a few additional chocolate chips into the tops of the muffins.
7. Bake at 425°F for 5 minutes. Then, leave the muffin tin in the oven, reduce the heat to 350°F (180°C), and bake until a toothpick inserted into the center of a muffin comes out clean.
8. Allow the muffins to cool in the tin for a few minutes, then transfer them to a wire rack to cool completely.



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CALORIES.....	252
CARBS.....	22g
PROTEIN.....	7g
FAT.....	16g
SUGAR	11g
FIBER.....	2g
IRON	1mg

Maple Pumpkin Pie with Almond Flour

SERVINGS: 12 SLICES

This classic pumpkin pie uses a press-in almond flour crust—no rolling pin needed. The filling blends pumpkin puree, maple extract, and warm spices for a holiday favorite.

INGREDIENTS

Almond Flour Pie Crust:

2 cups almond flour (224g)
1/3 cup tapioca flour (40g)
1/2 teaspoon cinnamon
1/2 teaspoon dried ginger
1/2 teaspoon salt
1/4 teaspoon baking powder
1/3 cup butter
1 egg
1 tablespoon maple syrup
1/8 teaspoon almond extract

Pumpkin Pie Filling:

15 oz pumpkin (1 can)
1/2 cup cottage cheese
1/3 cup coconut sugar
1/3 cup maple syrup
2 teaspoons vanilla extract
3 drops maple extract
2 tablespoons tapioca flour
2 teaspoons pumpkin pie spice
1/2 teaspoon fresh ginger zest
1/2 teaspoon salt
3 eggs

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C).
2. Place your pie plate in the freezer while you prepare the crust.
3. In a mixing bowl, combine the dry ingredients: almond flour, tapioca flour, cinnamon, dried ginger, salt, and baking powder. Whisk until well combined.
4. In a small bowl, mix the egg, maple syrup, and almond extract with a fork until smooth. Slice the cold butter into small chunks and cut it into the flour mixture with your hands or a pastry cutter until crumbly.
5. Pour in the egg mixture and stir with a spatula until a dough forms. Test the dough by rolling a small ball in your hand. If sticky, add almond flour until it no longer sticks; if crumbly, add a little water until it holds together. Spread the dough in the bowl and place it in the freezer while you make the filling.
6. In a blender or food processor, combine pumpkin puree, cottage cheese, coconut sugar, maple syrup, vanilla extract, tapioca flour, pumpkin pie spice, fresh ginger zest, and salt. Blend until smooth. Add the eggs and blend again until fully combined.
7. Remove the pie dish and dough from the freezer. Lightly spray the pie pan with non-stick spray. Evenly press the crust dough into the dish, keeping the top edge a little thicker so you can flute it.
8. Pour the filling into the crust. Loosely cover with aluminum foil, tenting it in the middle so it doesn't touch the pie, or use a pie shield. Bake for 40 minutes, then remove the foil and bake another 15–20 minutes, until the center is set and a toothpick comes out clean.
9. Let the pie cool on the counter, then refrigerate until fully chilled—several hours or overnight. Serve cold or at room temperature.



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CALORIES.....	186
CARBS.....	23g
PROTEIN.....	8g
FAT.....	7g
SUGAR	19g
FIBER.....	1g
IRON	1mg

Pumpkin Cottage Cheese Ice Cream

SERVINGS: 5

This creamy ice cream combines cottage cheese, pumpkin, and maple syrup without needing a machine. Topped with gluten-free graham cracker bits, it's a lighter way to enjoy pumpkin cheesecake flavors.

INGREDIENTS

1-1/2 cups cottage cheese
1/4 cup cream cheese
1/3 cup maple syrup
1 teaspoon vanilla extract
1 teaspoon lemon juice
2 drops maple extract
3/4 cup pumpkin puree
1/2 teaspoon pumpkin pie spice
1 tablespoon maple syrup

INSTRUCTIONS

1. In a food processor, high-speed blender, or immersion blender, combine the cottage cheese and cream cheese. Blend until smooth and creamy.
2. Add in the maple syrup (or your chosen sweetener), vanilla extract (or alternative flavor), lemon juice (or citrus alternative), and optional maple extract. Blend again until everything is well incorporated, and the mixture is sweet and flavorful.
3. Scoop out 3/4 of the mixture and spread it in a shallow dish.
4. Add the pumpkin puree and pumpkin pie spice to the remaining ice cream mixture. Blend until the pumpkin is fully mixed in and the ice cream base has a uniform orange color.
5. Taste the ice cream base and adjust the sweetness or spice levels by adding more maple syrup or pumpkin pie spice, if desired.
6. Spread the pumpkin layer over the white layer in the dish. Then sprinkle in my Gluten-Free Graham Cracker Bits or your favorite graham crackers.
7. Using a spoon, gently flip the ice cream sporadically so that the bottom white layer is on top to create swirls between the two colors.
8. Freeze the ice cream for about 2 hours or until frozen enough to be firm, but soft enough to scoop.
9. If the ice cream is in the freezer long enough to become frozen solid, simply set it out on your counter and allow it to thaw for 10-15 minutes until it reaches a soft enough consistency.



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CALORIES.....	93
CARBS.....	9g
PROTEIN.....	2g
FAT.....	6g
SUGAR	6g
FIBER.....	1g
IRON	0mg

Pumpkin Snickerdoodles

SERVINGS: 30 COOKIES

Soft and chewy, these snickerdoodles use almond flour, strained pumpkin puree, and cinnamon for classic flavor. Lightly sweetened, they're the perfect cozy fall cookie.

INGREDIENTS

Cookie Dough:

1/2 cup butter

1/3 cup pumpkin puree

2/3 cup cane sugar

2 egg yolks

1 teaspoon vanilla extract

1-1/2 cup almond flour (168g)

1/3 cup gluten-free flour (50g)

1/2 teaspoon baking soda

1 teaspoon cream of tartar

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/2 teaspoon pumpkin pie spice

Sugar Coating:

1/4 cup turbinado sugar

1/2 teaspoon cinnamon

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper. Place pumpkin puree in the center of 3 layers of paper towels, a clean dish towel, or a fine-mesh strainer. Gently press and squeeze to remove excess moisture—you'll end up with thick pumpkin paste. This step is crucial for chewy cookies instead of cakey ones.
2. In a large bowl, cream together room temperature butter, strained pumpkin puree, and cane sugar until light and fluffy. Add egg yolks and vanilla extract, mixing until well combined.
3. To the same bowl, add almond flour, gluten-free flour, baking soda, cream of tartar, salt, cinnamon, and pumpkin pie spice. Mix just until combined. The dough will be soft and slightly sticky.
4. In a small bowl, mix together turbinado sugar and cinnamon. If you're not rolling the cookies in sugar, place the dough in the freezer to firm up the butter for easier scooping.
5. Using a medium cookie scoop or spoon, scoop portions of dough and drop them into the cinnamon-sugar mixture. Toss to coat all sides and place on your prepared baking sheet, spacing them apart. Bake until lightly golden on top. The centers should still look slightly soft.
6. Allow the cookies to cool on the baking sheet for 5 minutes so the butter can solidify slightly and they hold their shape. Then transfer to a wire rack to cool completely.



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CALORIES.....	414
CARBS.....	35g
PROTEIN.....	33g
FAT.....	18g
SUGAR	18g
FIBER.....	8g
IRON	3mg

Pumpkin Cottage Cheese Smoothie

SERVINGS: 1 SMOOTHIE

With cottage cheese, pumpkin puree, protein powder, and chia seeds, this smoothie packs 33g of protein. Creamy and spiced, it tastes like pumpkin pie in a glass.

INGREDIENTS

1/2 cup almond milk
1/3 cup cottage cheese
1/4 cup pumpkin puree
2 tablespoons vanilla protein powder
1 tablespoon almond butter
1 tablespoon chia seeds
1 tablespoon maple syrup
1/4 teaspoon pumpkin pie spice
4 ice cubes

INSTRUCTIONS

1. In a high-speed blender, add 1/2 cup of almond milk, 1/3 cup of cottage cheese, 1/4 cup of pumpkin puree, 2 tablespoons of vanilla protein powder, 1 tablespoon of almond butter, 1 tablespoon of chia seeds, 1 tablespoon maple syrup, 1/4 teaspoon of pumpkin pie spice, and 4 ice cubes.
2. Blend on high until everything is well combined and creamy. If it's too thick, add more almond milk to reach your desired consistency. Serve and enjoy!



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CALORIES.....	414
CARBS.....	48g
PROTEIN.....	8g
FAT.....	21g
SUGAR	22g
FIBER.....	4g
IRON	3mg

Pumpkin Chocolate Chunk Scones

SERVINGS: 8 SCONES

These tender scones are made with oat flour, cottage cheese, and rich chocolate chunks. Lightly sweetened with maple syrup, they're a cozy fall breakfast or holiday brunch treat.

INGREDIENTS

Scone Dough:

1/4 cup maple syrup
1/4 cup cane sugar
3/4 cup cottage cheese
1/3 cup pumpkin puree
(strained, see pg 36)
1/2 teaspoon vanilla extract
1 egg
1-1/2 cups oat flour (180g)
2/3 cup gluten-free flour (120g)
1 teaspoon cinnamon
1 teaspoon pumpkin pie spice
1-1/4 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 cup butter
1/2 cup chocolate chunks

Glaze:

1/4 cup powdered sugar
1 teaspoon milk

INSTRUCTIONS

1. Preheat your oven to 400°F and line a baking sheet with parchment paper.
2. To drain the pumpkin puree, place it in the center of paper towels, a clean kitchen towel, or a strainer bag. Close and gently squeeze to remove excess moisture, discarding the liquid. Scrape out the thickened pumpkin paste.
3. Add cottage cheese, the drained pumpkin paste, maple syrup, and vanilla extract to a blender, food processor, or chopper cup. Blend until completely smooth and no cottage cheese curds remain. Add the egg and cane sugar, mixing just until combined.
4. In a large mixing bowl, whisk together oat flour, gluten-free flour, baking powder, cinnamon, pumpkin pie spice, baking soda, and salt. Dice cold butter into small pieces and work it into the dry ingredients with your hands until crumbly, leaving visible bits of butter.
5. Pour the cottage cheese mixture into the flour mixture and stir with a spatula just until combined—don't overmix. Fold in chocolate chunks. Sprinkle flour on a cutting board and turn out the dough. Lightly oil your hands to prevent sticking and shape the dough into a circle about 1 inch thick. If the butter has softened, place the board in the freezer to firm it up.
6. Cut the dough into wedges with a sharp knife or bench scraper. Place them on the prepared baking sheet, spacing apart. Optional: sprinkle with turbinado sugar for extra crunch. Bake until lightly golden on top.
7. Remove from the oven and cool slightly. In a small bowl, whisk together powdered sugar and milk until smooth. Drizzle over the cooled scones and enjoy.



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CALORIES.....	245
CARBS.....	24g
PROTEIN.....	11g
FAT.....	12g
SUGAR	9g
FIBER.....	2g
IRON	3mg

Pumpkin Protein Waffles

SERVINGS: 2 WAFFLES

Crispy outside and tender inside, these gluten-free waffles are made with oat flour, Greek yogurt, and protein powder. They freeze and reheat beautifully with 11g of protein per serving.

INGREDIENTS

1/2 cup pumpkin puree
1/2 cup plain greek yogurt
1/2 cup milk
1/4 cup light olive oil
1/4 cup maple syrup
1 teaspoon vanilla extract
3 eggs
1 cup oat flour (120g)
1/2 cup vanilla protein powder (60g)
1 tablespoon baking powder
1 teaspoon cinnamon
1 teaspoon pumpkin pie spice
1/4 teaspoon salt

INSTRUCTIONS

1. In a large mixing bowl, whisk together pumpkin puree, plain Greek yogurt, milk, light olive oil, maple syrup, vanilla extract, and eggs until completely smooth and well combined.
2. Add oat flour, vanilla protein powder, baking powder, cinnamon, pumpkin pie spice, and salt and whisk until smooth. Be careful not to overmix.
3. Pour the recommended amount of batter for your waffle iron and cook according to your machine's settings until golden brown and crispy.
4. Allow waffles to cool slightly before serving to let them firm up. Serve immediately with your favorite toppings, or cool completely before storing in the refrigerator for up to 5 days or freezer for up to 3 months.



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CALORIES.....	277
CARBS.....	24g
PROTEIN.....	9g
FAT.....	11g
SUGAR	11g
FIBER.....	3g
IRON	2mg

Chocolate Pumpkin Protein Bars

SERVINGS: 6 BARS

These no-bake bars mix oat flour, pumpkin puree, protein powder, and chocolate chips. Naturally sweetened with maple syrup and spiced with cinnamon, they're ready in minutes.

INGREDIENTS

1/2 cup oat flour (60g)
1/2 cup vanilla protein powder (60g)
1/3 cup pumpkin puree
1/4 cup almond butter
3 tablespoons maple syrup
1 tablespoon coconut oil
1 teaspoon vanilla extract
1 teaspoon cinnamon
1/2 teaspoon pumpkin pie spice
1/4 teaspoon salt
3 tablespoons chocolate chips

INSTRUCTIONS

1. Line a bread pan with parchment paper, leaving overhang for easy removal. This makes lifting the bars out much easier when they're set.
2. Add oat flour, vanilla protein powder, pumpkin puree, almond butter, maple syrup, coconut oil, vanilla extract, cinnamon, pumpkin pie spice, and salt to a food processor. Process until well combined and the mixture holds together when pressed. The dough should be thick enough to roll into a ball without sticking to your hands, though it will be slightly tacky.
3. If the mixture feels too wet or sticky, add oat flour until it reaches the right consistency. If it's too dry, add a bit more pumpkin puree or almond butter.
4. Transfer the mixture to your prepared pan and press firmly into an even layer using the back of a spoon or your hands.
5. Refrigerate until firm or freeze until set. Lift out using the parchment paper overhang and cut into bars.
6. Melt chocolate chips with coconut oil in the microwave in 30-second intervals, stirring between each, until smooth. Drizzle over the bars and sprinkle with sea salt if desired.



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CALORIES.....	230
CARBS.....	22g
PROTEIN.....	5g
FAT.....	13g
SUGAR	2g
FIBER.....	8g
IRON	2mg

Pumpkin Chocolate Chip Granola

SERVINGS: 16 SERVINGS

This crunchy granola combines oats, pumpkin, chia seeds, pumpkin seeds, and maple syrup. Chocolate chips add richness for a perfect yogurt topping or fall snack.

INGREDIENTS

3-1/2 cups old-fashioned oats
1/2 cup pecans
1/3 cup shredded coconut
3 tablespoons chia seeds
2 tablespoons coconut sugar
1/4 cup pumpkin seeds
1/2 teaspoon salt
1 teaspoon pumpkin pie spice
1 teaspoon cinnamon
1/3 cup chocolate chips
1/2 cup pumpkin puree
1/3 cup cashew butter (or almond butter)
1/3 cup maple syrup
1/4 cup coconut oil
1 teaspoon vanilla extract
2 drops maple extract

INSTRUCTIONS

1. Preheat your oven to 350°F (170°C) and line a large baking sheet with parchment paper, leaving a couple of inches overhang.
2. Roughly chop the pecans. In a large mixing bowl, combine oats, pecans, shredded coconut, chia seeds, coconut sugar, pumpkin seeds, salt, pumpkin pie spice, and cinnamon. Stir to mix.
3. In a separate bowl, whisk together melted coconut oil, cashew butter, maple syrup, pumpkin puree, vanilla extract, and maple extract. Pour over the dry mixture and stir until evenly coated.
4. Spread the granola onto the parchment-lined baking sheet and sprinkle with chocolate chips. Bake for 16 minutes, then remove from the oven. Lift the parchment edges to move the granola to the center, spread it out again so the middle pieces move to the edges, and bake another 16 minutes, or until golden brown.
5. Cool on the baking sheet for a few minutes, then slide the parchment onto the counter or a cooling rack to cool completely. Once the granola and chocolate have set, break into clusters.
6. Store in an airtight container at room temperature for up to two weeks, or refrigerate for longer freshness. Serve with yogurt, milk, or enjoy as a snack.



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CALORIES.....	216
CARBS.....	23g
PROTEIN.....	5g
FAT.....	12g
SUGAR	13g
FIBER.....	3g
IRON	1mg

Pumpkin Muffins with Oat Streusel

SERVINGS: 12 MUFFINS

These muffins are light and fluffy with oat and almond flour, sweetened with applesauce and maple syrup. A quick oat streusel topping makes them extra cozy.

INGREDIENTS

Muffin Batter:

1 cup pumpkin puree
1/2 cup applesauce
(unsweetened)
1/2 cup maple syrup
2 eggs
3 tablespoons oil
1 tablespoon apple cider vinegar
1 teaspoon vanilla extract
1-1/2 cups oat flour (180g)
1 cup almond flour (112g)
1-1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon pumpkin pie spice
1/2 teaspoon salt

Crumb Topping:

1/4 cup oat flour (30g)
1/4 cup coconut sugar
2 tablespoons melted butter
1/2 teaspoon cinnamon
1/4 teaspoon salt

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or grease it well to prevent sticking.
2. Combine the oat flour, coconut sugar, cinnamon, and salt in a small bowl for the crumb topping. Mix until the ingredients are well combined. Set aside.
3. In a large mixing bowl, combine the pumpkin puree, unsweetened applesauce, maple syrup, large eggs (or flax/chia eggs for a vegan option), light olive oil, apple cider vinegar, and vanilla extract. Mix until everything is well combined.
4. In the same bowl, add the oat flour, almond flour, baking powder, baking soda, pumpkin pie spice, and salt. Whisk until just combined. You can also use a mixer at medium speed. Be careful not to overmix; it's okay if there are a few lumps.
5. Divide the muffin batter evenly among the muffin cups using a cookie scoop or ice cream scoop for convenience, filling each about 3/4 full. The batter will be fairly thick, so you can use a spoon to help shape it so it has a mound in the center. This will help them bake with a higher dome top.
6. Sprinkle the prepared crumb topping evenly over the muffin batter in each cup, pressing it gently to adhere.
7. Place the muffin tin in the preheated oven and bake for approximately 26-28 minutes, or until a toothpick or skewer inserted into the center of a muffin comes out clean. Keep an eye on them, as baking times can vary based on your oven.
8. Allow the muffins to cool in the tin for about 5 minutes, then transfer them to a wire rack to cool completely.



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CALORIES..... 221
CARBS.....33g
PROTEIN.....12g
FAT.....4g
SUGAR 21g
FIBER.....2g
IRON 2mg

Pumpkin Protein Pancakes

SERVINGS: 4 SERVINGS OF 2 PANCAKES

Fluffy pancakes made with cottage cheese and oat flour deliver 12g of protein per serving. Lightly sweetened, they're a healthy fall breakfast you'll want on repeat.

INGREDIENTS

Pancake Batter:

1-1/2 cups quick oats
1/2 cup cottage cheese
1/2 cup pumpkin puree
2 eggs
3 egg whites
2 tablespoons milk
2 teaspoons baking powder
1 teaspoon vanilla
1/4 teaspoon salt
1/2 teaspoon pumpkin pie spice
3 tablespoons maple syrup

Maple Greek Yogurt Syrup:

1/2 cup greek yogurt
3 tablespoons maple syrup
1/2 teaspoon vanilla extract
2 drops maple extract
1/4 teaspoon cinnamon

INSTRUCTIONS

1. Blend the quick oats in a blender or food processor until they resemble flour. Transfer to a mixing bowl.
2. In the blender, add cottage cheese, pumpkin puree, eggs, egg whites, milk, vanilla, and maple syrup. Then add the oat flour, baking powder, salt, and pumpkin pie spice. Blend until smooth. If the batter is too thick, add a little more milk.
3. Preheat a non-stick skillet or griddle over medium-low heat. Lightly grease if needed. Pour about 1/4 cup batter per pancake onto the skillet, spreading into circles if necessary. Cook 1–2 minutes per side, until golden brown and firm in the center. Flip when the edges look set.
4. For the syrup, whisk together Greek yogurt, maple syrup, vanilla extract, maple extract, and cinnamon until smooth. Adjust sweetness or flavor if desired.
5. Stack the warm pancakes on a plate and drizzle with the Maple Greek Yogurt Syrup. Garnish with berries, nuts, or cinnamon if you like. Serve hot and enjoy!



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CALORIES.....397
CARBS.....28g
PROTEIN.....7g
FAT.....30g
SUGAR 17g
FIBER.....2g
IRON 1mg

Olive Garden Pumpkin Cheesecake

SERVINGS: 16 SLICES

Layers of pecan crust, creamy pumpkin cheesecake, whipped cream, oat crumble, and maple caramel make this dessert unforgettable. It's a gluten-free, naturally sweetened version of the restaurant favorite.

INGREDIENTS

Pecan Crust:

1 cup pecans
1/2 cup almond flour (56g)
1/2 cup oat flour (60g)
1/3 cup coconut sugar
1/4 cup coconut oil
1 tablespoon molasses
1/2 teaspoon ginger
1/4 teaspoon salt

Pumpkin Cheesecake Filling:

1-1/4 cups pumpkin puree
12 oz cream cheese
1/3 cup maple syrup
1/4 cup cottage cheese
3 tablespoons coconut sugar
3 eggs
1 teaspoon vanilla extract
1 teaspoon pumpkin pie spice
2 tablespoons tapioca flour

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INSTRUCTIONS

Pecan Crust:

1. Preheat your oven to 350°F (175°C). Place a large roasting pan on the bottom wire rack of the oven. Fill it 3/4 full with hot water.
2. In a food processor, combine pecans and pulse until crumbly. Add almond flour, oat flour, coconut sugar, coconut oil, molasses, ginger, and salt. Pulse until the mixture comes together and resembles coarse crumbs.
3. Grease a 9-inch springform pan with cooking spray. Transfer the crust mixture to the pan. Use the back of a spoon or the bottom of a measuring cup to press the mixture firmly into the bottom and 1/2 inch up the sides of the pan, creating an even crust.
4. Place the pan in the oven and bake the crust for 10 minutes. Remove it from the oven and let it cool while you prepare the filling.

Pumpkin Cheesecake Filling:

1. In a blender or a food processor, combine cream cheese, maple syrup, cottage cheese, coconut sugar, vanilla extract, pumpkin pie spice, and tapioca flour. Mix until smooth and well combined.
2. Add pumpkin puree and eggs and gently pulse until fully incorporated into the cream cheese mixture.
3. Pour the pumpkin cheesecake filling over the crust in the springform pan. Smooth the top with a spatula.
4. Place the pan back in the oven and bake in a 350-degree oven for 50-55 minutes or until the edges are set but the center still has a slight jiggle.
5. Turn off the oven and crack the oven door slightly. Let the cheesecake cool in the oven for 1 hour. Then, remove it from the oven and refrigerate for at least 4 hours or overnight to set completely.

INGREDIENTS

Whipped Cream Layer:

8 oz cream cheese
2 cups whipped cream
2/3 cup white chocolate melting wafers (or chocolate chips)
1 teaspoon lemon juice
1/2 teaspoon cinnamon
1/2 teaspoon coconut oil
dash salt

Oat Cinnamon Crumble:

1/3 cup oat flour
1/3 cup coconut sugar
2 tablespoons butter (melted)
1/4 teaspoon salt

INSTRUCTIONS

Whipped Cream Layer:

1. Add the white chocolate chips and coconut oil to a microwave-safe bowl and heat in 25-second intervals, stirring in between, until the chocolate is smooth and melted.
2. In a blender or food processor, combine cream cheese, melted white chocolate, lemon juice, cinnamon, and a dash of salt. Mix until well combined and creamy. You can whip your whipped cream by pouring 1 cup of heavy whipping cream into a container. Whip until stiff peaks form.
3. Add the whipped cream to the food processor and gently pulse until combined.
4. Once the cheesecake has chilled and set, spread the whipped cream layer evenly over the top.

Oat Cinnamon Crumble:

1. In a small bowl, combine oat flour, coconut sugar, melted unsalted butter, and salt. Mix with a fork until the mixture resembles coarse crumbs.
2. Once fully chilled and set, remove the cheesecake from the springform pan. Slice and place a piece of cheesecake on a serving plate.
3. Sprinkle the cinnamon crumble over the seasoned cream cheese layer on the cheesecake.
4. Drizzle caramel sauce over the cinnamon crumble.
5. Enjoy your gluten-free pumpkin cheesecake!



[View Video & Detailed Recipe](#)



Pumpkin Baking Tips for Foolproof Recipes

Baking with pumpkin is cozy and fun, but it can also be tricky—too much moisture, the wrong flour combo, or too much sugar can throw off the texture. These simple tips will help you get the best results every time so your pumpkin recipes turn out tender, flavorful, and worth sharing.

Strain Your Pumpkin

Pumpkin puree holds a lot of water, which can make cookies cakey or breads soggy. Pressing out the extra liquid using a strainer bag, clean towel, or three layers of paper towels.

Mix Your Flours

A single gluten-free flour rarely does the job on its own. Blending oat, almond, or tapioca flour creates a soft, tender crumb that rivals traditional baking.

Balance the Sweetness

Natural sweeteners like maple syrup, honey, and coconut sugar don't just replace white sugar—they add rich flavor that makes pumpkin shine.

Add Protein Boosts

Ingredients like cottage cheese, Greek yogurt, and protein powder sneak in extra nutrition. They keep you satisfied longer while adding moisture and creaminess to your bakes.

Spice It Right

Pumpkin spice is cozy, but a touch of extra cinnamon, ginger, or nutmeg can make your recipes stand out. Using fresh spices or a custom blend brings out deeper, warmer flavor.

Batch & Freeze

Many recipes—like waffles, muffins, and bars—freeze beautifully. Store extras in freezer bags or containers so you always have a quick pumpkin treat ready to go.

With these tips, your pumpkin recipes will turn out delicious, nourishing, and easy to enjoy any time of year.



Share Your Pumpkin Creations!

Congratulations! You've now got a collection of cozy, gluten-free pumpkin recipes that are flavorful, nourishing, and easier on digestion. From quick breakfasts to holiday-worthy desserts, these recipes let you enjoy fall baking without the crash of refined sugar or flour. You've taken a step toward making pumpkin season feel good in every way—but the fun doesn't have to stop here!



Show Off Your Creations

Snap photos of your pumpkin treats and tag me (@gentletummy) on Instagram or Facebook. I love seeing how you bring these recipes to life in your own kitchen!



Spread the Goodness

Share your favorite recipes with friends and family, or bring them to gatherings. Everyone deserves pumpkin recipes that taste amazing and feel good, too.



Leave a Rating/Review

Tried a recipe from this ebook? Visit gentletummy.com to leave a rating, review, and note any substitutions you made. Your feedback helps others and inspires more recipes.

Visit GentleTummy.com for more!





Hello, I'm Nicole Bonilla

A mom of six who rebuilt her health after burnout, anxiety, and gut issues.

I was a workaholic who epically 'broke' in 2019 from an inflammation-inducing anxiety overload caused by stress.

I was in chronic "fight or flight"

I'm a mother of six and business owner who wasn't processing stress, trauma, and emotions. I worked harder, faster, and stronger to avoid them. After several particularly stressful events during the fall of 2019, my stress-reserve tank was empty, and I epically 'broke'. I was stuck in a chronic "fight-or-flight" state and had painful inflammation throughout my digestive tract. I experienced intense bloating, IBS, and my anxious feelings were unrelenting.

I found health & healing

I immediately got help from a naturopath doctor who quickly diagnosed my dysregulated nervous system and helped release my digestive inflammation. I immediately removed processed food and refined white sugar from my diet to help heal my gut. I also began incorporating mindfulness and meditation, which released a flood of pent-up emotions. Within several days I was feeling considerably better. Within a couple of months, I was feeling great!

And I continue these healthy habits that I'm sharing with you.



What is a Gentle Tummy?

A gentle tummy is a calm and well-nourished stomach that supports both physical and mental well-being.

I have learned that what we eat plays a crucial role in how we feel, and my recipes are designed to nurture digestive health while promoting a positive mindset. I use all-natural ingredients and anti-inflammatory and easily digestible foods in my delicious recipes to be gentle on our tummies AND emotionally satisfying.

