



Ultimate Guide to No Pumpkin Food Waste



Zero Waste

Ultimate guide to reducing pumpkin waste, with tips, and recipes for a waste free, more sustainable Autumn.

By Nutrition by Sarah Fonatna

Ultimate No Food Waste Pumpkin Hummus

Ingredients

Pumpkin, cooked (around 100g)
1 can chickpeas, with chickpea water
1 tbsp tahin
1 tbsp olive oil
Pinch paprika or chilli powder
Salt and pepper to taste



Directions

1. Blend in a blender until creamy, adding a little more olive oil or water if needed.

Believe it or not, those pumpkin and squash peels you've been discarding are not only edible but can also become a tasty Halloween treat! The process is simple: give the peels a good wash, coat them in olive oil and your preferred seasoning, then bake them at 180°C for 20-30 minutes until they turn delightfully crispy. This is a perfect addition to your Halloween party menu, allowing you to savour every bit of these seasonal treasures.



Ultimate No Food Waste Roasted Pumpkin Seeds

Don't throw away those pumpkin seeds – transform them into the most delicious, nutritious snack to enjoy any time of the year. but you can mix it up with any flavours you like. Enjoy them on their own or scatter over salads and soups for extra crunch.

Rinse well to remove any strings and dry thoroughly. Enjoy them on their own or scatter over salads and soups for extra crunch, they also make an excellent salsa. You can also freeze them.



1. Rinse well to remove any strings and dry thoroughly.
2. Toss in olive oil, and your favourite spice, I like sea salt or cumin, but you can mix it up with any flavours you like and
3. Roast at 180C for 10 minutes.



Ultimate Pumpkin Muffins

This delicious and creative recipe is a perfect way to make the most of your Halloween pumpkins! Use up every part, including the stringy bits inside—just blitz them into a smooth puree. A tasty, no-waste treat that's fun to make and helps reduce food waste!

160 mls Olive Oil
2 Egg (large)
165g Pureed Pumpkin
35g Coconut Sugar
170g almond Flour
2 tsps Baking Powder
1/4 tsp sea Salt
1 tsp Cinnamon



1. Preheat the oven to 350°F (170°C). Line a muffin tray with liners or use a silicone muffin tray.
2. In a medium bowl, add the oil, eggs, pumpkin, and sugar. Whisk well.
3. To the same bowl, add the almond flour, baking powder, sea salt, and cinnamon. Stir with a wooden spoon until combined. Gently fold in any additional dry fruit or chocolate chips.
4. Divide the batter evenly between the muffin cups. Bake for 30 to 35 minutes or until a toothpick inserted comes out clean. Enjoy!



Ultimate No Food Waste Pumpkin Skin Crisps

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- 1. Rinse well to remove any strings and dry thoroughly.**
- 2. Toss in olive oil, and your favourite spice, I like chilli flakes, but you can mix it up with any flavours you like and**
- 3. Roast at 180C for 10 minutes.**



Top tip

An astonishing amount of pumpkin goes to waste every year amounting to millions worth of perfectly edible food. This unfortunate trend is primarily due to people discarding the pumpkin flesh after carving, unaware of its potential as a delicious and nutritious ingredient. Surprisingly, almost one in five individuals remain uncertain about how to cook a pumpkin, often unaware that those decorative pumpkins found in supermarkets are entirely edible and can be transformed into scrumptious dishes with just a bit of effort.

I have a deep appreciation for minimising food waste, and I've discovered a wonderful way to maximise your jack-o'-lantern this year. Instead of the traditional carving method, consider decorating it. You can use markers or black food colouring to paint all sorts of creative patterns and designs on the pumpkin. Not only is this approach less messy, making it perfect for little hands to participate without any safety concerns, but it also extends the pumpkin's shelf life. After the festive season concludes, you can simply cut into the flesh and incorporate it into a delicious dish, ensuring that nothing goes to waste.



Pumpkin Spice AND EVERYTHING nice

An ample amount of pumpkin waste occurs during Halloween season. To reduce this waste, I suggest decorating or carving your pumpkin on the morning of the 31st, so it doesn't spend too much time outdoors. If you decide not to use it for culinary purposes, consider reaching out to local farms, where these pumpkins can serve as valuable feed for animals such as pigs and goats.

Make a pumpkin puree: Make a puree from the flesh and add to homemade pumpkin spice lattes or even pumpkin cocktails! simply roast your leftover pumpkin in the oven and roast for 45-60 minutes at 180c then blend in a processor until creamy. Be sure to add my home made pumpkin spice mix which can also be added to:



- Risottos
- Pies
- Muffins
- pumpkin spice lattes
- pancakes

Pumpkin Spice Mix

- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves

Save the scraps! Instead of throwing your pumpkin scraps (the stringy part) keep them as leftovers. They work brilliantly added to soup or homemade veggie burgers. Alternatively, pop them in a bag in the freezer to keep them until you need them.



Nutrition

by Sarah Fontana

In collaboration with
Fontana Nutrition and
Thanksgiver.ch together
reducing food waste for a
sustainable future

