Pumpkins are everywhere this time of year, and we’re cool with that. You’ve picked the perfect ones, have been indulging in pumpkin beer and pumpkin spice lattes and are about a month away from breaking out your famous pumpkin pie recipe. We’re not discouraging you from making that delicious pie, we’ve heard it’s fabulous too, but why not go out all and fully embrace the pumpkin trend this year by trying some new recipes, too? One look at any of these five photos of everything from tasty desserts (even a low-cal option), buzz-worthy cocktails and hearty dinners and apps is all the motivation you need. Get ready for a whole lot of pumpkin.
Pumpkin Flan

Long Islanders know: Besito Mexican Restaurant desserts are just as good as the fantastic brunch, lunch and dinner cuisine. Serve Besito’s Pumpkin Flan de Calabaza, pumpkin flan for you gringos, at your next dinner party and be forewarned: your guests may never want to leave. Get the recipe

Pumpkin Spice Smoothie
Move over, PSL. There’s a grown-up option in town. Consider this Pumpkin Spice Smoothie by BARistas NYC your new favorite brunch beverage. For something that looks and tastes so good, the drink is totally low maintenance requiring just two ingredients. Cheers. Get the recipe

Cream of Pumpkin Soup with Cranberry Drizzle
Campbell’s and soup go together like, well, pumpkins and fall. Warm up with a fragrant and soulful Campbell’s Kitchen soup that will have you giving thanks all pumpkin season long. Get the recipe

Pumpkin Spice Pancakes
Thought up by Krusteaz, these pumpkin spice pancakes will leave your brunch guests satisfied and speechless. Get the recipe

Lite Pumpkin Pie Squares
The average slice of pumpkin pie can run you 350 calories and 13 grams of fat. Maybe that doesn’t bother you. If it does, don’t sulk, you can still enjoy the tastes of fall. Chef Mareya, celebrity chef, author and founder of
EatCleaner.com’s Fit Foodie, dreamt up a version of the fall staple that gets its body from lite organic tofu and truwhip topping. One slice is a mere 40 calories and one gram of fat. That’s something to celebrate. **Get the recipe**

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