

COOKING FOR WELLNESS

September 2026



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Maple Pumpkin Scones

Yield: 8 scones

Serving Size: 1 scone

These fall-flavored scones are so simple to make! The insides are soft and tender, while the lightly crisp crust on the outside is the perfect complement.

for the scones

1 ½ c (180g) whole wheat or gluten-free* flour ([measured correctly](#))

1 ½ tsp baking powder

1 tsp ground cinnamon

¼ tsp salt

2 tbsp unsalted butter, chilled

½ c pumpkin purée

8 1/8 tsp maple syrup

10 ½ tsp nonfat milk, divided

for the glaze

1 tbsp plain nonfat Greek yogurt

1 ½ tsp maple syrup

1. Preheat the oven to 425°F, and cover a baking sheet with foil. Lightly coat the foil with nonstick cooking spray.
2. To prepare the scones, whisk together the flour, baking powder, cinnamon, and salt in a medium bowl. Cut in the butter with a pastry cutter or the back of a fork until the mixture resembles a fine meal. Add in the pumpkin purée, 8 teaspoons maple syrup, and 10 teaspoons of milk, mixing until just incorporated.
3. Divide the dough into 8 equal portions, and shape each into a ball. Place onto the prepared baking sheet, and flatten slightly. Mix together the remaining 1/8 teaspoon maple syrup and ½ teaspoon milk in a small bowl, and brush over the tops of the scones. Bake at 425°F for 12-14 minutes, or until light golden brown on top. Cool on the pan for 5 minutes before turning out onto a wire rack.
4. Once the scones have cooled, stir together the yogurt and maple syrup in a small bowl. Add to a small zip-topped bag, snip off the corner, and drizzle over the cooled scones.

Notes: For the gluten-free flour, I used as follows: 1 cup (120g) millet flour, ¼ cup (35g) brown rice flour, ¼ cup (30g) tapioca flour, and 1 ½ teaspoons xanthan gum.

For a vegan version, substitute Earth Balance buttery sticks in place of the butter, your favorite non-dairy milk in place of the nonfat milk, and soy, coconut, or almond yogurt in place of the Greek yogurt.

<https://amyshealthybaking.com/blog/2014/09/13/maple-pumpkin-scones/>

Apple Cheddar Sweet Potato Soup



5 from 20 votes

This ultra-creamy **Apple Cheddar Sweet Potato Soup** is made with savory roasted sweet potatoes, apples, fresh herbs + spices, vegetable stock, and heavy cream for a fully velvety eating experience-----A true soup season favorite for the entire family. *Vegan + Gluten-free Option.*

Prep Time	Cook Time	Total Time
15 mins	40 mins	55 mins

Course: Main Course, Soup

Keyword: apple, cheddar, creamy, dairy-free, dinner, easy, fall recipe, gluten-free, kid-friendly, soup, sweet potatoes, vegan

Servings: 4 servings Calories: 521kcal Author: Shanika

Ingredients

ROASTED APPLES + SWEET POTATO:

- 2 medium sweet potatoes (About 1lb. each)
- 2 Honeycrisp or Gala apples, sliced
- 2 Tbsps Extra virgin olive oil
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

SOUP:

- 4 cups vegetable stock
- 1 tablespoon Extra virgin olive oil
- ½ red onion, chopped
- 4 garlic cloves, minced
- 1 tablespoon raw honey, organic
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- ½ teaspoon cayenne pepper
- 1 cup organic heavy cream
- 1-2 cups mild cheddar cheese, shredded or grated (See Notes!)

CINNAMON PECAN TOPPING:

- 1 cup raw pecans, chopped
- ½ cup organic rolled oats
- 2 tablespoon raw honey, organic
- 1 tablespoon organic all-purpose flour

- 1 teaspoon ground cinnamon
- 2-3 Tbsps unsalted butter, softened at room temp.

Instructions

TO ROAST THE APPLES + SWEET POTATOES:

1. Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper or foil.
2. Rinse sweet potatoes and pat dry. Lightly coat potato with olive oil, arranging them side by side unto one end of the prepared baking sheet. On the other end, add the sliced apples, drizzle with olive oil, and sprinkle on cinnamon and nutmeg. Bake for 25-30 minutes or until tender and juices begin to bubble outside of skin of the sweet potatoes and the apples have wilted and become golden. Remove from oven, let cool for 10-15 minutes and slice in half. Remove sweet potato 'flesh' (insides) and place in a bowl.

TO MAKE THE CINNAMON PECAN TOPPING:

1. Preheat the oven to 375 degrees Fahrenheit and line a baking sheet with parchment paper.
2. In a bowl, add the pecans, oats, honey, flour, cinnamon, and butter together, mixing until combined and moist.
3. Spread the topping mixture (grouped into clusters) onto the prepared baking sheet and bake for 10-15 minutes, until everything has turned golden, and baked "together" in clusters. NOTE: Please avoid stirring or tossing! In order to create clusters/chunks, you should bake it without touching!!

BLEND EVERYTHING TOGETHER:

1. In a medium-sized dutch oven pot over medium-high heat, add the olive oil. Once heated, add the minced garlic and onion and sauté until fragrant, about 1-2 minutes. Remove from heat and add the sautéed garlic in a high-powered blender along with the roasted apples, flesh of the sweet potato, and vegetable stock. Blend on high-speed until everything is fully broken down and smooth.

TO MAKE THE SOUP:

1. In the same medium-sized dutch oven pot over medium-high heat, add the blended sweet potato-apple mixture along with the heavy cream, honey, salt, black pepper, smoked paprika, oregano, basil, parsley, garlic powder, and cayenne pepper, stirring everything together until combined.
2. Add in the shredded or grated cheddar cheese and stir until combined and melted.
3. Let everything boil for 1-2 minutes and then reduce heat to low to allow a simmer for another 5-6 minutes.
4. At this point, the soup should be thickened as it continues to simmer.
5. Remove from heat and serve immediately into prepared bowl(s), top with cinnamon pecan topping, and a side of bread, if desired.
6. ***Bon Appetit!***

Notes

- **STORAGE:** Leftovers can be stored in a tightly sealed container in the refrigerator for 2-3 days, for optimal freshness. Can also be frozen for 4-6 months. To defrost, simply place soup in the refrigerator overnight or at room temperature before re-heating on the stove top to serve.
- **VEGAN OPTION:** To make this soup vegan, simply substitute the heavy cream with full-fat coconut cream/milk. I love using canned coconut cream from Thai Kitchen, however, you can always use canned coconut milk as well and refrigerate it overnight to thicken and create more creaminess. Also, use dairy-free cheese for the cheddar cheese, use maple syrup instead of honey, and substitute the butter with vegan butter.
- **EQUIPMENT:** Here, I've curated a list of cooking + baking essentials that I use to achieve my favorite baked goods or cooked meals, especially with this Apple Cheddar Sweet Potato Soup. Everything from my fave baking sheet, liners, immersion hand-blender, high-powered blender, mixing bowls, and more.**SEE THEM HERE!**
- **BEST CHEESES FOR THIS SOUP:** See post for more info!

Nutrition

Calories: 521kcal | Carbohydrates: 41g | Protein: 6g | Fat: 39g | Saturated Fat: 19g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 15g | Trans Fat: 0.2g | Cholesterol: 82mg | Sodium: 1604mg | Potassium: 561mg | Fiber: 6g | Sugar: 9g | Vitamin A: 17949IU | Vitamin C: 5mg | Calcium: 118mg | Iron: 2mg

Squash Pie (No Crust)

Crustless Squash Pie highlights the best of summer. Lighter than a quiche, but still cheesy and rich enough to be a hearty side dish.

★★★★☆ 4.39 from 57 votes



INGREDIENTS

- 5 cups sliced squash, yellow or zucchini (or a combination)
- 2 Tablespoon butter
- ¼-⅓ cup onion chopped
- 1 clove garlic minced
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 Tablespoon fresh oregano chopped
- 6-7 leaves basil chopped
- 2 cups mozzarella cheese shredded
- 2 eggs beaten

INSTRUCTIONS

1. Melt butter in 12" skillet over medium to medium-high heat.
2. Saute' onion in butter about 1 minute.
3. Add squash and garlic and saute' until squash is slightly limp, about 8 minutes.
4. In a separate bowl stir together cheese, eggs, herbs, salt and pepper.
5. Add squash/onion mixture to cheese mixture.
6. Pour into 9" pie plate, which has been buttered or sprayed.
7. Bake at 375 degrees for 25-30 minutes, or until center is set and edges are lightly browned.

