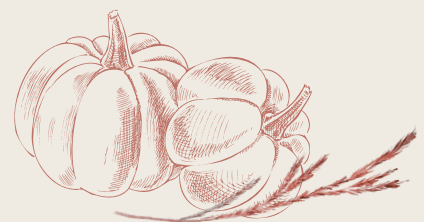




THE FRESH FLOUR TABLE



# The Pumpkin *mini* Guide



@thefreshflourtable





## THE FRESH FLOUR TABLE

This mini guide was created as a little seasonal gift — three fresh milled bakes to celebrate those small but meaningful moments. Inside, you'll find cozy ideas that highlight fresh milled flour and the timeless charm of pumpkin — bread for sharing, treats for a quiet afternoon, and simple bites that make even an ordinary day feel touched by autumn.

Whether you're baking for your family, hosting friends, or simply enjoying a slow fall morning, I hope these recipes remind you that food is more than sustenance — it's an invitation to gather, connect, and savor the season.

So light a candle, pour something warm, and let's bring pumpkin to the table together.

I'm so glad you're here,  
Becky





# Contents

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Loaded Pumpkin Bread

Fresh Milled Pumpkin Donuts

Pumpkin & Sage Dinner Rolls



# Substitutions

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If you have found your way to this guide, firstly, I'm so glad you're here! The Fresh Flour Table focuses on fresh milled flour, however don't worry if you don't have a grain mill (yet!) — these recipes are designed to be flexible. Using all-purpose flour will still give you delicious, cozy pumpkin bakes that your family and friends will love.

## 1. Swap by Weight, Not Cups

You can substitute all-purpose flour in equal weight for the fresh milled flour listed in each recipe. For example, if a recipe calls for 240 g fresh milled flour, use 240 g all-purpose flour.

## 2. Adjust the Liquids

Fresh milled flour absorbs more liquid than all-purpose flour. When baking with all-purpose flour:

- Reduce the liquid in the recipe by 1–2 tablespoons, or
- Leave the recipe as written, but expect a slightly looser batter/dough.

## 3. Expect a Softer Texture

All-purpose flour will give your pumpkin bakes a lighter, more delicate crumb, since it doesn't have the bran and germ. The flavor will be a little milder, too — less nutty, more neutral.

## 4. Skip the Rest Time

Fresh milled flour benefits from a 15–20 minute rest before baking to hydrate the bran. With all-purpose flour, this step isn't necessary (though it won't hurt if you do it).



# Loaded Pumpkin Bread

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## INGREDIENTS

|   |   |
|---|---|
| 1 $\frac{3}{4}$ cups (210g) freshly milled soft white wheat | 3 large eggs  |
| 1 tsp baking soda   | 1 cup brown sugar                                     |
| $\frac{1}{2}$ tsp baking powder                             | $\frac{1}{3}$ cup oil (we recommend avocado)          |
| $\frac{1}{2}$ tsp salt                                      | 1 cup pumpkin puree                                   |
| 1 $\frac{1}{2}$ tsp ground cinnamon                         | $\frac{1}{4}$ cup milk or buttermilk                  |
| $\frac{1}{2}$ tsp ground nutmeg                             | 1 tsp vanilla   |
| $\frac{1}{4}$ tsp ground cloves                             | $\frac{1}{2}$ cup chocolate chips (optional)          |
| $\frac{1}{4}$ tsp ground ginger                             | $\frac{1}{2}$ cup toasted walnuts, chopped (optional) |

## DIRECTIONS

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1. Begin by milling your flour (or converting to AP) and preheating your oven to 350. Grease and line a 9x5" loaf pan.
2. Whisk dry ingredients together.
3. Gently stir together wet ingredients.
4. Fold together wet and dry ingredients until combined, but not overmixed.
5. Fold in nuts and chocolate, if using.
6. Pour into pan and top with additional chocolate chips and walnuts if desired.
7. Bake for 50-60 minutes until a toothpick comes out clean.
8. Cool before slicing and enjoy for a cozy moment.





# Fresh Milled Pumpkin Donuts

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## INGREDIENTS

1  $\frac{3}{4}$  cups (210g) fresh milled hard white wheat flour

1 tsp baking powder

$\frac{1}{2}$  tsp baking soda

$\frac{1}{2}$  tsp salt

1  $\frac{1}{2}$  tsp cinnamon

$\frac{1}{4}$  tsp nutmeg

$\frac{1}{4}$  tsp ginger

Option 1: Cinnamon Sugar Coating

$\frac{1}{2}$  cup sugar

1 tsp cinnamon

4 tbsp butter, melted

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  cup granulated sugar

1 cup pumpkin puree

2 large eggs

$\frac{1}{2}$  cup oil or melted butter

1 tsp vanilla extract

Option 2: Maple Glaze

1 cup powdered sugar

2 tbsp maple syrup

1-2 tbsp milk

pinch of cinnamon

## DIRECTIONS

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1. Begin by milling your flour (or converting to AP) and preheating your oven to 375. Note that this recipe calls for hard white - this has given a sturdier donut. Feel free to replace with soft white for a more tender crumb, however I've had a hard time getting soft white to hold together getting them out of the pan. But feel free to use what you like or create a hard/soft blend.
2. In a bowl, whisk flour, baking powder, baking soda, salt, and spices.
3. In a separate bowl, whisk pumpkin, sugars, eggs, oil, and vanilla until smooth.
4. Add dry ingredients to wet, stirring gently until just combined.
5. Prepare your donut pan with a spritz of oil or nonstick spray. Spoon or pipe (we like a ziplock with the corner snipped) into your prepared pan, filling about half full.
6. Bake 10-13 minutes until toothpick comes out clean.

### Cinnamon Sugar Coating

1. While donuts are still warm, brush lightly with melted butter. Toss in cinnamon sugar mixture until evenly coated.

### Maple Glaze

1. Allow donuts to cool completely.
2. In a small bowl, whisk powdered sugar, maple syrup, milk, and cinnamon until smooth.
3. Dip tops into glaze, let excess drip, and set on a wire rack.
4. Glaze will be set in 10-15 minutes.





# Pumpkin & Sage Dinner Rolls

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## INGREDIENTS

3 ½ - 4 cups (420-480g) fresh milled hard  
white wheat flour  
2 tbsp brown sugar  
½ tsp nutmeg  
1 cup pumpkin puree  
½ cup milk  
1 egg

¼ cup butter, melted  
2 tbsp sage, chopped  
Optional: melted butter, extra sage, & flaky  
sea salt for topping

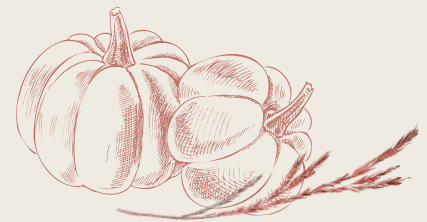
## DIRECTIONS

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1. Begin by milling your flour (or converting to AP).
2. Combine flour, sugar, salt, and nutmeg.
3. Mix pumpkin, milk, egg, butter, and sage. Add to dry mix.
4. If using fresh milled flour - cover and allow to rest for 15-60 minutes. If converting to all purpose flour, skip this step.
5. Add yeast and salt and knead until a soft, smooth, and stretchy dough forms. Ideally your dough will reach windowpane, where you can see light through the dough when stretched.
6. Place dough into an oiled bowl. Cover and allow to rise until risen by approximately 75%. If using fresh milled flour, your dough can overproof quickly so keep an eye out!
7. Divide dough into 12-15 dinner rolls and arrange in a 9x13 pan.
8. Cover and allow to rise until puffy and almost doubled (but not quite).  
Again, this can happen quickly. While your dough is rising, preheat your oven to 375.
9. Bake at 375 for 20-22 minutes.
10. Remove from the oven and brush with butter and a sprinkle of sage or salt.







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