



Fall's Finest

Celebrate sweater weather with the October Epic Box!

This month is all about cozy vibes and comforting dishes. We're bringing you recipes that spotlight the best of the fall season—from crisp harvest veggies to pumpkin-spiced delights.

E P I C U R E™

October Epic Box Contents

Boost your kitchen confidence with help from the October Epic Box!

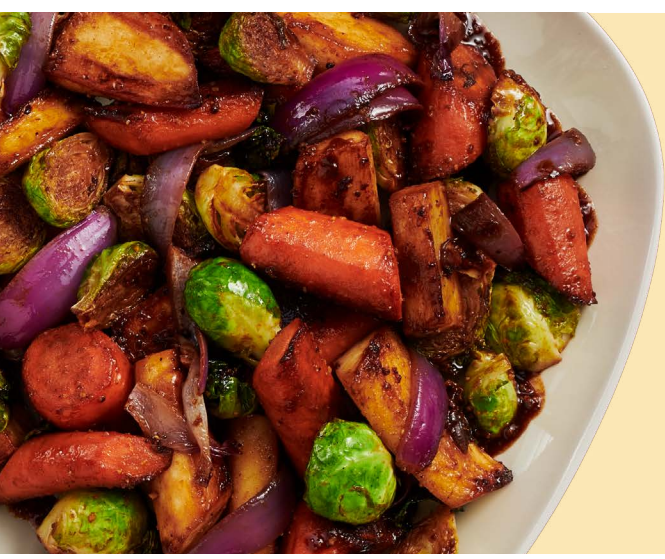


03

Pumpkin Cheesecake Mix

Pumpkin Cream Cheese Muffins

[Click to see details](#)



05

Candied Yams Seasoning

Roasted Root Veggie Candy

[Click to see details](#)



07

Holiday Seasoning

Sheet Pan Turkey, Crispy Brussels Sprouts & Squash

[Click to see details](#)



09

Home-Style Chicken Stew Seasoning

Home-Style Green Bean Casserole

[Click to see details](#)

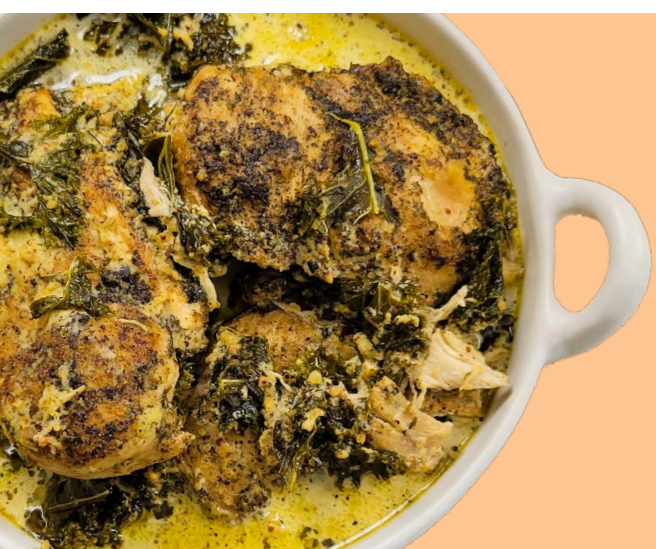


11

Mexican Street Corn Dip Hot Dip Mix

Mexican Street Corn Salad

[Click to see details](#)



13

Roast Turkey Seasoning

Creamy Slow Cooker Chicken

[Click to see details](#)



15

Shepherds Pie Seasoning

Festive Meal in a Bowl

[Click to see details](#)





Pumpkin Cream Cheese Muffins



Total Time
45 min



Makes
12 servings



Cost per serving
\$1.15 (CA) \$0.98 (US)

The minute there's a whiff of autumn in the air, the hunt is on for the season's best pumpkin treats. Don't worry—you found it! Save your time and money by making your favourite fall muffin at home. This iconic Starbucks® treat will set you back at least \$4 and packs a whopping 34 grams of sugar at the coffee shop. Epicure's dupe has half the sugar but all the flavour and comfort you're craving this harvest season.

INGREDIENTS

- 1 ½ cups gluten-free all-purpose flour
- 1 pkg Pumpkin Cheesecake Mix
- 1 tsp baking powder
- 1 tsp baking soda
- 1 egg
- 1 can (14 oz/398 ml) pumpkin purée
- ¼ cup unsalted butter, melted
- 1 ½ tsp vanilla extract, divided
- ½ brick (8 oz/250 g) cream cheese, softened
- 3 tbsp icing sugar

Toppings (optional): pumpkin seeds

INSTRUCTIONS

1. Preheat oven to 350° F. Lightly oil two Muffin Makers.

2. In a large bowl, combine flour, mix, baking powder, and baking soda. Add egg, pumpkin, melted butter, and 1 tsp vanilla; mix until well combined. Set aside.

3. In a medium bowl, beat cream cheese, remaining ½ tsp vanilla, and icing sugar. Transfer to a piping bag or a Ziploc bag with the corner snipped.

4. Divide batter evenly between muffin wells, about ⅓ cup per well (they will be very full). Place the tip of the piping bag into the muffins one at a time and fill inside with cream cheese, evenly distributing between all the muffins and leaving a little dollop on top of each.

5. Sprinkle muffins with pumpkin seeds, if desired.

6. Bake 23–25 min, or until a toothpick inserted into the muffin comes out mostly clean. Let cool 10 min, then unmold to Cooling Racks to cool completely.

Per serving (1 muffin): Calories 220, Fat 8 g (Saturated 4.5 g, Trans 0.2 g), Cholesterol 35 mg, Sodium 150 mg, Carbohydrate 33 g (Fibre 1 g, Sugars 18 g), Protein 3 g.



Click for the Pumpkin Cheesecake Cookies recipe

Pumpkin Cheesecake Mix



- Put your PSL down for a moment and whip up a delectable Pumpkin Cheesecake packed with all the fall flavours!
- A classic pumpkin pie flavour with a hint of festive orange and the creaminess of cheesecake.
- This dessert will be the talk of every Thanksgiving dinner, festive feast, and family dinner night and the amazing part is, it's so easy to make!
- Just mix the ingredients, pour the blend into a pie crust (use premade shells to keep things easy), pop it in the oven, and enjoy that nice pumpkin spice.
- Make mini cheesecakes in a **Muffin Maker** or **Perfect Petites**.
- Place a pan of water in the bottom of the oven to promote even baking and reduce cracking.



Roasted Root Veggie Candy



Total Time
20 min



Makes
4 servings



Cost per serving
\$2.16 (CA) \$1.84 (US)

Veggies are nature's candy when you have the right tools. We've got a trick up our sleeves that'll make you fall in love with veggies. The warm and sweet seasoning blend in this recipe transforms vegetables from "blah" to "BAM"! It's a great side dish for those holiday feasts, but it also jazzes up your regular, weeknight dinner routine.

INGREDIENTS

- 4 medium carrots
- 2 large parsnips
- ½ red onion
- 10–12 small Brussels sprouts
- 1 pkg Candied Yams Seasoning
- 3 tbsp oil

INSTRUCTIONS

- 1.** Preheat oven to 425° F. Line Sheet Pan with Sheet Pan Liner.
- 2.** Peel and chop carrots, parsnips, and onion. Place in Multipurpose Steamer; cover and microwave on high 5–6 min, or until tender.
- 3.** Meanwhile, slice Brussels sprouts in half lengthwise.
- 4.** Add sprouts, seasoning, and oil to steamer; toss to combine. Transfer to pan. Roast 10–12 min, or until browned.

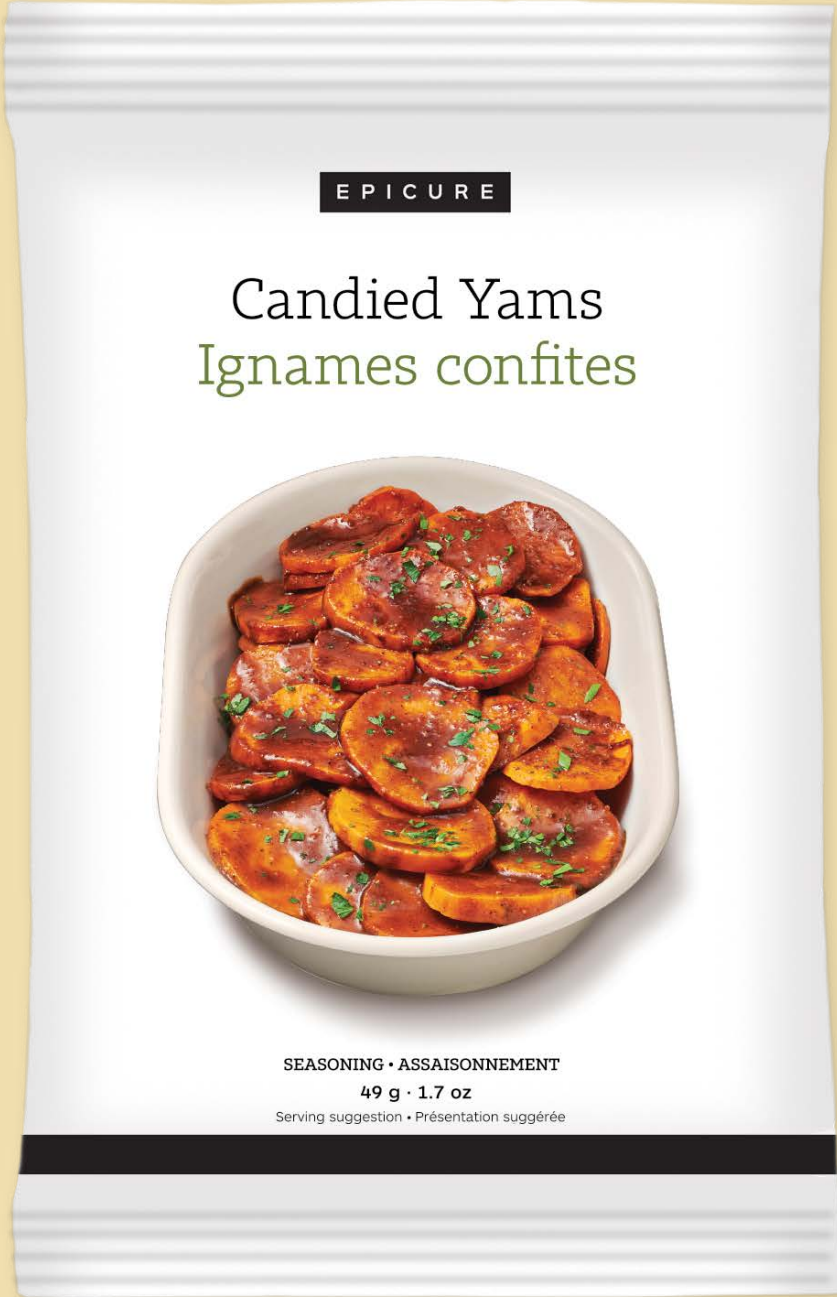
Perfectly Balance Your Plate: Serve with 4 oz (113 g) lean protein and a dinner roll.

Per serving: Calories 230, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 260 mg, Carbohydrate 32 g (Fiber 7 g, Sugars 17 g), Protein 3 g.



[Click for the Creamy Carrot Soup recipe](#)

Candied Yams Seasoning



- This dry blend is dynamite. Use as a glaze for roasting root veggies like carrots, parsnips or make a fancier version of caramelized onions.
- Makes an awesome seasoning for a velvety creamy carrot or pumpkin soup.
- Glaze and toss with almonds or mixed nuts, then roast.
- Sprinkle over strips of bacon, then roast or “bake” in the microwave in the **Multipurpose Steamer**. Best candied bacon, ever!
- 1 package makes 8 servings of Candied Yams – about $\frac{3}{4}$ cup per serving



Sheet Pan Turkey, Crispy Brussels Sprouts & Squash



Total Time
1 hr



Makes
6 servings



Cost per serving
\$3.16 (CA) \$2.69 (US)

Not only does this recipe make hosting a breeze, it's a great go-to for those weeknights when you're craving a taste of the holidays. Clean-up is a cinch—no need for a mountain of dishes. You can even serve this feast right off the pan!

INGREDIENTS

- 1 ½ lbs (675 g) turkey breasts, about 3 or 4
- 1 tbsp oil
- 4 tbsp Holiday Seasoning, divided
- Sea salt, optional
- 3 cups trimmed Brussels sprouts
- 1 acorn squash
- 1 small red onion
- 3 tbsp olive oil

INSTRUCTIONS

1. Preheat oven to 425° F. Line Sheet Pan with Sheet Pan Liner.

2. Place turkey on pan and drizzle with oil. Sprinkle with 2 tbsp seasoning and salt, if using.

3. Cut sprouts in half lengthwise (cut larger ones into quarters). Slice unpeeled squash in half; discard seeds. Slice halves into skinny wedges. Thinly slice onion.

4. Place sprouts, squash, and onion in a large bowl; toss with olive oil and remaining 2 tbsp seasoning. Arrange on pan (it's okay if some cover the turkey).

5. Roast 35–45 min, or until edges of sprouts are crispy and turkey is cooked through.

6. Remove from oven and let rest 5 min. Thickly slice turkey. Serve family-style from sheet pan at the table.

Perfectly Balance Your Plate: Serve with 1 cup mashed potatoes.

Per serving: Calories 310, Fat 12 g (Saturated 2 g, Trans 0 g), Cholesterol 90 mg, Sodium 130 mg, Carbohydrate 14 g (Fibre 4 g, Sugars 2 g), Protein 37 g.



[Click for the Holiday Stuffed Squash recipe](#)

Holiday Seasoning



- Notes of marjoram, parsley, sage, onion, rosemary and thyme, all tied together with a hint of tarragon (barely there!) and bright lemon.
- It's the best vegetable seasoning for squash and hearty root veggies and even turns a bag of frozen peas into something special!
- Season stuffing mixes or stir into melted butter and drizzle over roast potatoes.
- Sprinkle on chicken, turkey, or pork before roasting.



Home-Style Green Bean Casserole



Total Time
15 min



Makes
4 servings



Cost per serving
\$1.94 (CA) \$1.65 (US)

This classic, American casserole is a true, holiday hero! Bring comfort and nostalgia to your holiday dinners with this timeless side dish. Use an air fryer to conquer those crispy onions for the topping—they're ready in 10 minutes and are healthier than store-bought ones.

INGREDIENTS

- ½ onion
- 2 tbsp olive oil
- 1 pkg Home-Style Chicken Stew Seasoning, divided
- 1 tbsp corn starch
- 1 cup milk, your choice
- 1 tbsp unsalted butter
- 1 lb (450 g) trimmed green beans, fresh or frozen

INSTRUCTIONS

- 1.** Preheat air fryer to 350° F.
- 2.** Thinly slice onion. Toss with oil, 1 tbsp seasoning and corn starch. Air fry 10 min, or until crispy, shaking the basket halfway through.
- 3.** Meanwhile, combine remaining seasoning with milk. Set aside.
- 4.** Heat butter in **Sauté Pan** over medium-high heat. Add green beans; stir-fry 7–8 min, until softened. Add seasoning mixture to pan. Reduce heat to medium. Stir until sauce thickens and beans are well coated, about 1–2 min.
- 5.** Top with crispy onions.

TIP Instead of crispy onions, combine 1 tbsp **3 Onion Dip Mix** with 1 pkg **Crispy & Crunchy Coating Mix** or 1 cup gluten-free panko breadcrumbs; sprinkle over casserole. Bake in preheated 400° F oven until golden brown.

Perfectly Balance Your Plate: Serve with 4 oz (113 g) lean protein and 1 cup mashed potatoes or a small dinner roll.

Per serving: Calories 230, Fat 13 g (Saturated 4.5 g, Trans 0.3 g), Cholesterol 20 mg, Sodium 390 mg, Carbohydrate 24 g (Fibre 4 g, Sugars 9 g), Protein 7 g.



[Click for the Chicken Corn Chowder recipe](#)

Home-Style Chicken Stew Seasoning



- This saucy, creamy stew has just a hint of onion and sage and goes from raw to ready in just 20 minutes!
- One pack makes up to 8 cups of prepared stew for only \$2.35 a serving!
- This recipe is Instant Pot-friendly, so you can set it and forget it on busy days.
- Go beyond chicken—make it with your choice of protein and veggies. Cut down on your grocery bill by choosing ingredients that are on sale!
- Use it as a filling for chicken pot pies, or try the sauce alone as a dip for biscuits.



Mexican Street Corn Salad



Total Time
12 min



Makes
6 servings



Cost per serving
\$2.48 (CA) \$2.12 (US)

Corn harvest season has arrived, and we can't get enough. Mix sweet corn, creamy black beans, and crunchy veggies together, then toss them in a tangy 'n spicy dressing, inspired by Mexican Street Corn, aka "elotes"! This potluck fave is amazing served with nacho chips—it's ideal for dipping and sharing with your pals.

INGREDIENTS

- 4 small corn cobs, shucked
- 1 pkg Mexican Street Corn Dip Hot Dip Mix
- 3 tbsp plain 2% Greek yogurt
- 3 tbsp mayonnaise or sour cream
- 2 tbsp lime juice
- 1 green bell pepper
- ½ small red onion
- 1 can (14 oz/398 ml) unsalted black beans, drained and rinsed
- ½ cup cotija or feta cheese, divided

Toppings (optional): chopped fresh cilantro

INSTRUCTIONS

- 1.** Place corn in **Multipurpose Steamer**. Cover and microwave on high 5 min.
- 2.** Meanwhile, in a large bowl, combine hot dip mix, yogurt, mayo, and lime juice.
- 3.** Dice pepper and onion.
- 4.** Let corn cool slightly, then slice the kernels off the cobs. Add diced veggies, corn, beans, and ¼ cup cheese to bowl with sauce; stir to combine. Top with remaining cheese.
- 5.** Chill until ready to serve.

TIPS Swap fresh corn with 2 cups frozen corn kernels. Place in **Multipurpose Steamer**; cover and microwave on high 3–4 min, stirring halfway. Remove lid and rest 2 min before adding into salad.

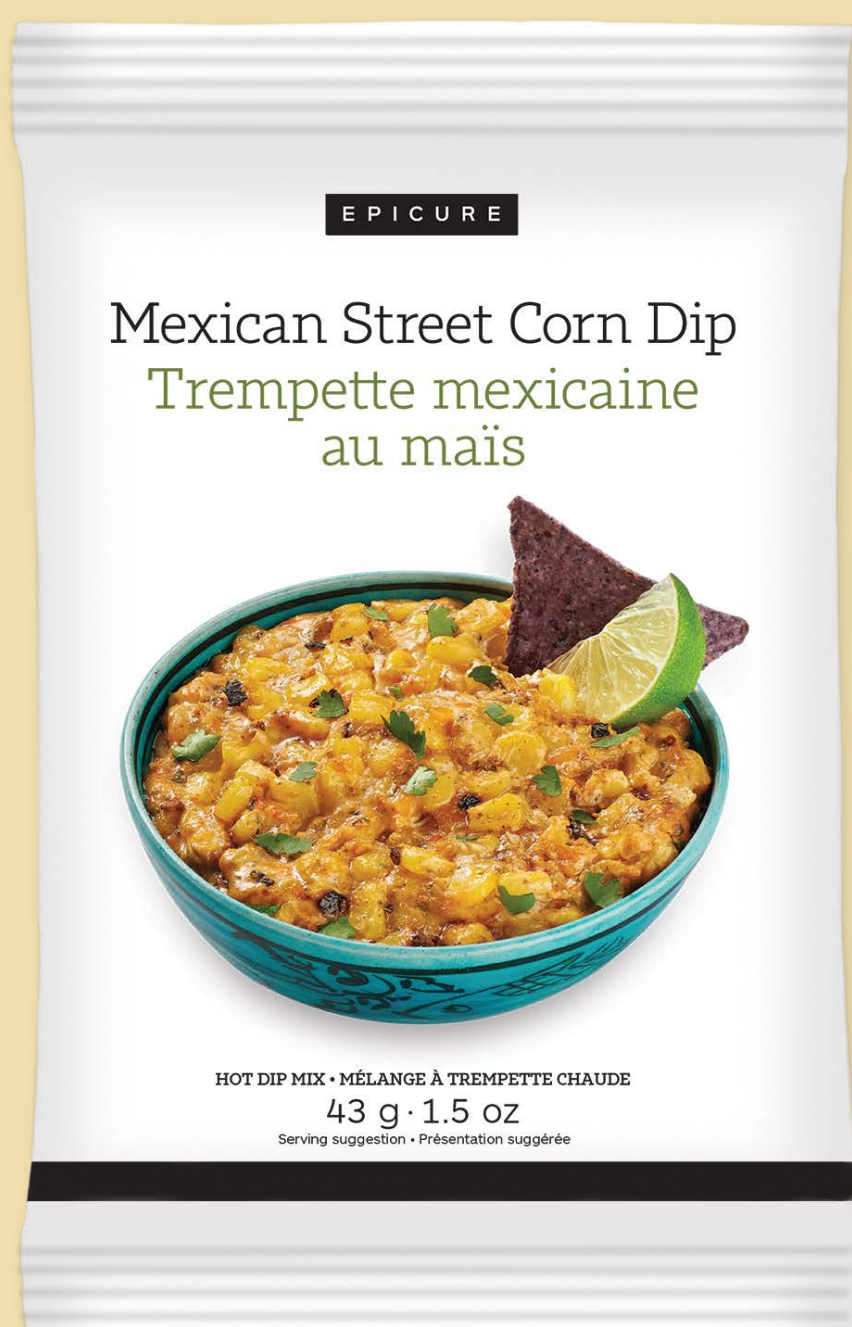
Cojita cheese can either be crumbly or firm and has an awesome funkiness to it (if you know, you know!). Buy it in a block and crumble it by hand or grate it yourself. If you choose to grate it, use the small holes of your cheese grater.

Per Serving (about 1 cup): Calories 230, Fat 10 g (Saturated 3 g, Trans 0 g), Cholesterol 15 mg, Sodium 290 mg, Carbohydrates 26 g (Fibre 6 g, Sugars 5 g), Protein 10 g



Click for the Street Corn Mac & Cheese recipe

Mexican Street Corn Dip Hot Dip Mix



- A hot corn dip that is reminiscent of Mexican street corn.
- Makes a big batch! 32 servings (4 cups of dip).
- Canned corn gives the hot dip more sweetness and corn flavour.
- Freezes well for easy party prep. Simply reheat in the microwave or oven.
- Serve with tortilla chips, salsa & guacamole.
- Swap sour cream for plain Greek yogurt or light sour cream.
- Swap cream cheese for low fat cream cheese to lower the calories.
- Swap shredded cheddar cheese with your favourite shredded cheese.
- Keto-friendly!
- Make it spicier: Add chopped jalapeños or a dash of hot sauce to the dip before or after baking.
- Make it zestier: Add a squeeze of lime before serving.
- Make it fresher/crunchier: Add chopped fresh cilantro or spring onions.
- Make it cheesier: Add some cotija cheese into the mixture before baking.
- Make it smokier: Roast the corn before adding it to the mixture.



Creamy Slow Cooker Chicken

**Total Time**

5 hrs

**Makes**

8 servings

**Cost per serving**

\$3.24 (CA) \$2.75 (US)

Gather 'round the table to savour the flavours of fall with this scrumptious, saucy, French-inspired dish. It delivers flair with little fuss! Best served over creamy mashed potatoes with—you guessed it!—lots of sauce spooned over top. Bon appétit!

INGREDIENTS

- 1 cup Vegetable Broth
- ⅓ cup whipping cream
- 2 tbsp Dijon mustard
- 2 lbs (900 g) boneless, skinless chicken breasts
- 1 pkg Roast Turkey Seasoning
- 1 tbsp oil
- 2 tbsp unsalted butter
- ½ bunch kale or 4 cups baby spinach
- ⅓ cup grated Parmesan cheese

Topping (optional): extra grated Parmesan cheese

INSTRUCTIONS

- 1.** Add broth, cream, and mustard to slow cooker.
- 2.** Rub both sides of chicken breasts with seasoning. Heat oil in **Sauté Pan** over medium-high heat. Add chicken; sear 3 min per side.
- 3.** Add chicken to slow cooker. Cover; cook on low 4–5 hr or on high 2 hr.
- 4.** Meanwhile, roughly chop kale. During the last 30 min of cooking, add kale and Parmesan to slow cooker, tossing gently to combine.
- 5.** Serve with extra Parmesan, if desired.

Perfectly Balance Your Plate: Serve with 1 cup mashed potatoes and 1 cup roasted veggies.

Per serving: Calories 250, Fat 13 g (Saturated 5 g, Trans 0.2 g), Cholesterol 90 mg, Sodium 240 mg, Carbohydrate 6 g (Fiber 1 g, Sugars 1 g), Protein 27 g.



[Click for the Easy Roast Turkey Breast recipe](#)

Roast Turkey Seasoning



- One package can season a whole turkey up to 12 lbs.
- Herby blend of basil, black pepper, rosemary, and sage. This vegan blend is low in sodium and free-from artificial colours and flavours.
- Simply combine mix with oil and rub on to turkey before roasting!
- Use to season whole turkey or turkey breasts. Try it on tofu for a traditional feel to any vegetarian or vegan holiday feast. Tastes great stirred into mashed sweet potatoes.



Festive Meal in a Bowl



Total Time
20 min



Makes
4 servings



Cost per serving
\$4.45 (CA) \$3.78 (US)

INGREDIENTS

- 1 pkg Shepherds Pie Seasoning
- 1 cup water
- 1 large sweet potato
- 1 lb (450 g) lean ground beef
- 12 large Brussels sprouts
- 1 tsp oil
- Sea Salt, to taste
- Black Pepper, to taste
- 1 pint cherry tomatoes

INSTRUCTIONS

- 1.** In a bowl, combine seasoning and water. Set aside.
- 2.** Cube sweet potato: you should have about 3 cups. Place in **Multipurpose Steamer**. Cover and microwave on high until tender, about 8 min.

- 3.** Meanwhile, brown beef in **Sauté Pan** over medium-high heat. Drain any liquid. Stir in seasoning mixture. Bring to a boil; reduce heat. Simmer for 2 min, stirring frequently. Remove from heat and divide meat between four bowls; cover to keep warm. Rinse and dry pan.
- 4.** Trim and quarter Brussels sprouts. Heat oil in the same pan over medium-high heat. Add sprouts and sauté 5 min until lightly browned. Season with salt and pepper to taste.
- 5.** Halve tomatoes. Add to pan, stirring occasionally, until heated through.
- 6.** Add sweet potatoes and veggies to bowls and serve.

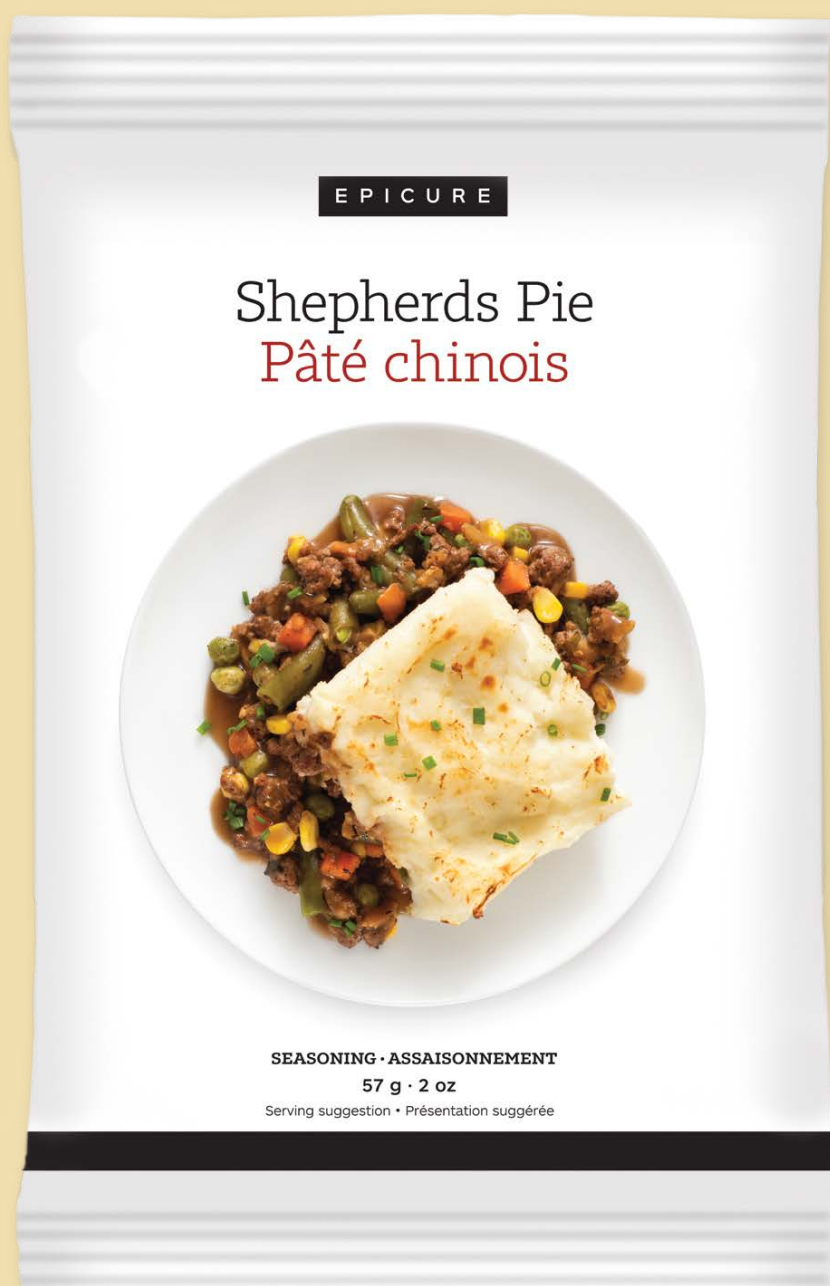
Perfectly Balance Your Plate: Drizzle on 1 tbsp Epicure Dressing, your choice.

Per serving: Calories 380, Fat 13 g (Saturated 4.5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 550 mg, Carbohydrate 38 g (Fibre 8 g, Sugars 9 g), Protein 28 g.



Click for the Get Your Greens Hearty Penne recipe

Shepherds Pie Seasoning



- Herby flavours of thyme, celery seed, and chives infused with black pepper and nutritional yeast.
- Faster than your traditional Shepherds Pie recipe—it goes from raw to ready in 20 minutes.
- Can be made with ground beef, chicken, tofu, or lentils.
- It tastes great with both fresh and frozen vegetables.
- Use frozen vegetables as a healthy swap if you're short on time!
- Looking for a low-carb topping? Try cauliflower mash.
- One pack serves up to 4 people for under \$3 a serving!

**EPIC
BOX**

E P I C U R E TM