



Add



Pumpkins are one of the many joys of Fall. There are endless ways to add this nutritious, low-calorie squash into your diet. The natural sweetness of pumpkin can enhance any recipe with its mouthwatering flavor and festive aroma.

to the menu

Spice Up Everyday Items With Pumpkin

Once you have pumpkin purée, adding that irresistible pumpkin flavor to your meals becomes a piece of cake. You can find simple recipes online for making fresh pumpkin purée or, if you want convenience, you can buy it canned at the grocery store. Make sure you buy items labeled as “pumpkin” or “100% pumpkin” that have no salt added. Both fresh and canned pumpkin are packed full of nutrients, so take your pick! Be creative and have fun experimenting. It’s easy to find tasty pumpkin recipes online too. Here are some ideas to get you started!

- Stir it into your favorite drink.**
 Stir some pumpkin purée with a pinch of pumpkin spice in to **coffee**, **hot chocolate**, **smoothies**, **hot apple cider**, or a cup of **spiced tea**.
- Use it in breakfast items.**
 Try mixing some pumpkin purée into low-fat **yogurt** topped off with granola and pumpkin spice. Or, stir some into low-fat **cream cheese** for a tasty spread! You could also add more nutrients to your **oatmeal** with pumpkin purée and spice.
- Use it in lunch and dinner entrées.**
 Mash a few tablespoons of pumpkin purée into your **mashed potatoes** or use it to add some body and warmth to low-sodium **soup**. Stir some into a **pasta sauce** or **hummus dip**. Decorate a **side salad** with some roasted pumpkin seeds.
- Use it in sweets.**
 Substitute pumpkin into some of your favorite **baked goods** like banana bread or oatmeal cookies. Try stirring some into **frozen yogurt** or **vanilla pudding**.



Not only do pumpkin and pumpkin seeds taste great, but they’re also both loaded with nutrients!

Pumpkin is an excellent source of:

- Vitamin A
- Vitamin C
- Potassium
- Iron

Pumpkin seeds are rich in:

- Magnesium
- Zinc
- Omega-3 Fats
- Fiber

Snack on Some Seeds

Roast the pumpkin seeds from your jack-o-lantern with a variety of seasonings for a delectable, satisfying snack.

1. In a bowl, combine seeds with flavorings. Try cayenne pepper, chili powder, salt, and lime juice. Or, mix seeds with olive oil, salt, cinnamon, salt, pepper, cumin, and honey.
2. Roast seeds on a rimmed baking sheet in the oven for about 10 minutes at 350 degrees.
3. Add them to your favorite dish or combine them with mixed nuts for a tasty trail mix.