

Pumpkin recipes



Flavoring everything from coffee to soups, pumpkin is a fall ingredient that is as flexible as it is delicious.

Pumpkins are also rich in vitamins, minerals and antioxidants. Their many nutrients and antioxidants may boost your immune system, lower your risk of certain cancers and promote a healthy heart. They also contain a high content of beta carotene, a carotenoid that your body converts into vitamin A. Vitamin A is helpful to protect your vision.



Read labels carefully. For these recipes, all pumpkin puree should be 100% pumpkin via canned or fresh pumpkin.

Here are three delicious pumpkin recipes you can try this fall.

Pumpkin muffins (or bread!) Enjoy a muffin for breakfast, snack time or an after-dinner delight.



Ingredients:

- 1 cup pumpkin puree
- ¼ cup canola oil
- ¼ cup applesauce, unsweetened
- 2 eggs
- ½ cup maple syrup, sugar-free
- 1 tsp vanilla
- 2 cups whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 tsp pumpkin pie spice
- Nonstick cooking spray
- Optional: ½ cup mini chocolate chips or ½ cup chopped walnuts

Preparation: Preheat the oven to 350°F. Line muffin cup tray with muffin liners and spray liners with nonstick cooking spray. In a large bowl, whisk together pumpkin puree, oil, applesauce, eggs, maple syrup and vanilla. In a small bowl, whisk together flour, baking powder, baking soda, salt and pumpkin pie spice. Add dry ingredients to wet and stir to combine. If adding optional ingredients, mix in as well. Scoop batter evenly into prepared muffin tins. Bake for 20-22 minutes or until a toothpick inserted in the center comes out clean.

Prefer a pumpkin bread? Just heat the oven to 325°F. Spray a loaf pan with nonstick cooking spray. Add batter and bake for about 50 minutes or until a toothpick inserted comes out clean.

Nutrition per serving 1 muffin or slice of bread per serving (makes 12 servings)

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein
168	6 g	1 g	239 mg	31 g	18 g	3 g	1 g	4 g

Pumpkin soup This savory soup is the perfect winter warmup—simple and comforting.



Ingredients:

- 2 cups pumpkin puree
- ½ small onion, finely chopped
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 4 cups vegetable broth, low sodium
- ½ Tbsp curry powder (adjust to your taste buds)
- 1 (13.5-oz) can light coconut milk
- Freshly ground pepper to taste
- Optional: Chopped pumpkin seeds

Preparation: Sauté the onion in the oil in a large pot over medium-high heat until lightly browned, about 5-7 minutes. Add the garlic and cook for 1 minute. Stir in the pumpkin puree, vegetable broth and curry powder. Increase the heat and bring it to a boil. Turn the heat to low and simmer for 5 minutes. Stir in the coconut milk and let it gently simmer for another 10 minutes or so, until slightly thickened. Add pepper to taste. Makes 4 servings. Optional: Top with chopped pumpkin seeds.

Nutrition per serving: 1 cup per serving (makes 4 servings)

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein
152	10 g	4 g	186 mg	0 g	15 g	7 g	4 g	6 g

Pumpkin yogurt parfait This could be a tasty snack or an after-dinner treat.



Ingredients:

- 2 cups nonfat vanilla Greek yogurt
- 2 Tbsp pumpkin puree
- ¼ + ¼ tsp pumpkin pie spice
- 3 sheets graham crackers, crumbled

Preparation: In a small bowl, combine 1 cup of the yogurt with the pumpkin puree and ¼ teaspoon of the pumpkin pie spice. Set two tablespoons aside. In a separate bowl, combine the remaining 1 cup of yogurt with the remaining ¼ teaspoon of the pumpkin pie spice. In two small glasses or parfait cups, layer half of the vanilla yogurt in each, then two tablespoons of the graham cracker crumbs in each, then half of the pumpkin yogurt in each, then another two tablespoons of the graham cracker crumbs. Top both glasses with the one tablespoon of vanilla yogurt set aside, and any remaining graham cracker crumbs. Makes 2 servings.

Nutrition per serving 1 cup per serving (makes 2 servings)

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein
284	2 g	0 g	171 mg	10 g	46 g	1 g	32 g	19 g

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