DID YOU KNOW?

OCTOBER IS PUMPKIN MONTH

FACT #1

Pumpkins are high in vitamin A, which helps us see well and stay healthy.

FACT #2

For a crunchy snack, roast the seeds from your Halloween pumpkin with your favorite spices and herbs.

FACT #3

If you enjoy baked goods like brownies, try adding pumpkin to your recipe in place of oil, butter or eggs to get more vitamins and minerals.

PARTY PUMPKIN

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

PUMPKIN PIE HUMMUS DIP

Number of Servings: 9 • Serving Size: ½ cup

INGREDIENTS:

- 3 CUP GARBANZO BEANS
- ⅛ CUP CANOLA OIL/OLIVE OIL BLEND
- 1.5 CUP CANNED PUMPKIN
- ¼ CUP PACKED BROWN SUGAR
- 2 TSP PUMPKIN PIE SPICE
- 1 TSP GROUND CINNAMON
- 1TSP VANILLA EXTRACT

DIRECTIONS:

IN A FOOD PROCESSOR, ADD DRAINED AND RINSED GARBANZO BEANS AND BLEND WITH OIL FOR 2 MIN. ADD REMAINING INGREDIENTS AND BLEND FOR ANOTHER 2 TO 3 MINUTES UNTIL SMOOTH.