PUMPKIN

5 Ways



Pumpkin Pancakes

+ Pumpkin
+ Pumpkin pie spice
+ Flour
+ Brown sugar
+ Baking powder
+ Egg
+ Vegetable oil
+ Salt
+ Milk, low-fat

Pumpkin Pudding

+ Pumpkin
+ Pumpkin pie spice
+ Salt
+ Milk, low-fat
+ Vanilla pudding



Cranberry Pumpkin Muffins

+ Pumpkin
+ Flour
+ Sugar
+ Baking powder
+ Cinnamon
+ Vegetable oil
+ Eggs
+ Cranberries
+ Allspice



Pumpkin Smoothie

+ Pumpkin
+ Milk, low-fat
+ Orange juice
+ Banana
+ Light brown sugar
+ Ice cubes
+ Cinnamon



Pumpkin & White Bean Soup

+ Pumpkin
+ Apple juice
+ Onion
+ Water
+ Cinnamon
+ Black pepper
+ Salt
+ Nutmeg, allspice, or ginger

Find these pumpkin recipes here: **http://bit.ly/2dwmRyX**
For more recipes go to: **www.whatscooking.fns.usda.gov**

What's Cooking?