



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

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- + 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?
EXPERIMENTAL FOODS SERVICE

