

# Pumpkin Power

1. Combine all ingredients (except the pumpkin seeds) in a glass container with screw-on cover. Shake vigorously. If you prefer a smoother pudding, process all ingredients together in a high-powered blender.
2. Refrigerate until set ( a couple hours to overnight).
3. Serve chilled. Top with pumpkin seeds for a little crunch. Enjoy!

I've got pumpkin fever!

These festive gourds are more than just fall decorations; they are nutrition packed super foods!!!

## *What's to Love about pumpkin?*

- They are low and calories, and high in fiber. This means pumpkin will fill our bellies without packing on the pounds.
- The Carotenoids that give pumpkin its rich orange hue are powerful antioxidants that fight inflammation, premature aging and cardiovascular disease, just to name a few.
- Pumpkin is a fantastic source of alkalizing minerals- potassium, magnesium and zinc.
- High in Vitamins A and C, pumpkin supports immune, eye and skin health.
- Pumpkin is best enjoyed cooked. Cans of cooked mashed pumpkin are inexpensive and available year-round at the market. This makes a convenient way to incorporate healthful pumpkin into all of our favorite recipes. Try it in chili, soups, and smoothies. Just be careful not to

mistakenly grab the sweetened “pumpkin pie filling” that usually sits right next to it on the shelf.

My favorite way to indulge in pumpkin is with **Chia Pumpkin Pie Pudding**– Yum!