

Pumpkin Spice And Everything Nice



Pumpkin puree contains the powerful antioxidant beta-carotene as well as fiber and potassium.

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Nutrition Info

- **Makes:** fluid ounces
= cups
= milliliters (mL)
- **Calories:** 1030 kcal
- **Kcals/ mL:** kcal/ mL
- **Carbohydrate:** 52.3%
- **Protein:** 16%
- **Fat:** 31.7%

Make it for the whole family:

To enjoy as a smoothie eliminate oil, cut back garbanzo beans by half, and add desired amount of honey or maple syrup to sweeten.

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Ingredients

- 1 cup apple juice (with vit C), no added sugar
- 2 cups skim milk (calcium fortified)
- ½ cup canned pumpkin or canned sweet potato
- ½ cup frozen spinach
- 1 cup cooked oatmeal or other whole grain cereal
- 1 cup garbanzo beans (chickpeas), drained or other cooked beans
- 2 tablespoons walnut oil (may substitute olive or canola oil)
- 1 teaspoon pumpkin pie spice blend

Kitchen Gear

Can opener

High powered blender

Measuring tools:

- 1 cup
- ½ cup
- Tablespoon
- Teaspoon

Preparation

1. Cook oatmeal according to package instructions, cook in water, no salt added.
2. Combine frozen spinach with hot, cooked oatmeal. Stir. (This helps to cool the oatmeal before blending).
3. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
4. Thin as desired with water or other fluid such as milk or milk alternative.

Tips

When purchasing canned pumpkin be sure to get 100% pumpkin puree and not pumpkin pie mix which will have added sugar.



For more recipes and information visit www.CookingForTubies.com
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