



Pumpkin 5 Ways!

Pumpkins aren't just for decoration! This versatile squash can be incorporated into a variety of dishes to add flavor, texture, and nutrition. Here are **FIVE** creative ways to use pumpkin in your cooking:

Pumpkin Seeds

How to make:

1. Clean pumpkin seeds, removing all pumpkin flesh.
2. Pat seeds dry, then toss with a little oil, salt, and optional spices (like chili powder or cinnamon).
3. Spread evenly on a baking sheet.
4. Roast in a preheated oven at 300°F (150°C) for about 45 minutes, stirring occasionally, until golden and crunchy.
5. Cool and serve as a snack or garnish.



Soup

How to make:

1. In a pot, sauté onion and garlic in oil until soft.
2. Add pumpkin puree and broth, then bring to a simmer for 20 minutes.
3. Blend until smooth, stir in yogurt, season, and serve warm.

Smoothie

How to make:

1. Blend pumpkin puree, banana, yogurt, honey, and spices until smooth.
2. Adjust thickness with milk, if needed, and serve immediately.



Roasted

How to make:

1. Preheat oven to 400°F (200°C).
2. Toss pumpkin slices with oil, salt, pepper, and herbs.
3. Roast on a baking sheet for 25-30 minutes until tender. Serve warm.



Hummus

How to make:

1. In a food processor, combine canned pumpkin, chickpeas, tahini, lemon juice, garlic, and spices.
2. Process until smooth, adding olive oil gradually.
3. Adjust seasoning and serve with a drizzle of olive oil and a sprinkle of paprika.