



# Welcome October

---

## THE HEALTH BENEFITS OF PUMPKINS

- Source of Vitamin A - this is very helpful for vision
  - Rich in potassium which can help maintain healthy blood pressure levels
  - Contains Vitamin C, fiber, and antioxidants to promote a healthy immune system
- 

## HOW TO INCORPORATE PUMPKINS INTO YOUR DIET THIS FALL

- Roasted Pumpkin Seeds
- Pumpkin Bread
- Pumpkin Pie Smoothie
- Pumpkin Pancakes
- Pumpkin Overnight Oats

### **Pumpkin Pie Smoothie Recipe:**

- 1/3 cup pure pumpkin puree
- 1 frozen banana
- 1/3 cup full fat Greek yogurt
- 1 tsp vanilla extract
- 1/2 cup almond milk
- 1 tsp pumpkin pie spice
- 1/2 tbsp unsweetened almond butter

