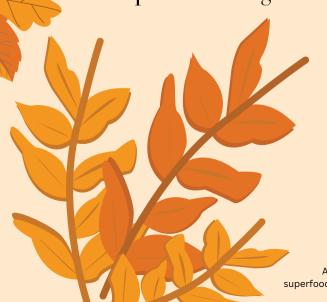


## THE HEALTH BENEFITS OF PUMPKINS

- Source of Vitamin A this is very helpful for vision
- Rich in potassium which can help maintain helathy 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



Adapted from: https://www.inspirahealthnetwork.org/news/5-health-benefits-pumpkin-spookiest-superfood#:~:text=Pumpkins%20are%20a%20heart%2Dhealthy,can%20help%20prevent%20heart%20disease.%E2 %80%9D, https://allthehealthythings.com/healthy-pumpkin-pie-smoothie/