PUMPKIN 5 WAYS

Pumpkin Pancakes
- Pumpkin
- Pumpkin pie spice
- Flour
- Brown sugar
- Baking powder
- Egg
- Vegetable oil
- Salt
- Milk, low-fat

Pumpkin Pudding
- Pumpkin
- Pumpkin pie spice
- Salt
- Milk, low-fat
- Vanilla pudding

Cranberry Pumpkin Muffins
- Pumpkin
- Flour
- Sugar
- Baking powder
- Cinnamon
- Vegetable oil
- Eggs
- Cranberries
- Allspice

Pumpkin Smoothie
- Pumpkin
- Milk, low-fat
- Orange juice
- Banana
- Light brown sugar
- Ice cubes
- Cinnamon

Pumpkin & White Bean Soup
- Pumpkin
- Apple juice
- Onion
- Water
- Cinnamon
- Black pepper
- Salt
- Nutmeg, allspice, or ginger

Find these pumpkin recipes here: http://bit.ly/2dwmRYX
For more recipes go to: www.whatscooking.fns.usda.gov