

ways to use canned pumpkin

Buy 100% pumpkin puree.

*Try these easy ways to add nutrition
and flavor to your meals!*

Stir a few spoonfuls into:

- spaghetti sauce
- cheese sauce while making macaroni and cheese
- chili or soup
- oatmeal
- pancake batter

**Make a healthy
snack or dessert!**

Mix $\frac{1}{4}$ cup pumpkin
puree into 1 cup
vanilla yogurt.
Sprinkle with cinnamon.



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