nubites™ No. 503

nutrition tips for today's families



add to mac & cheese

ways to use canned pumpkin



stir into pancake batter or mix into oatmeal



swirl into yogurt

Canned pumpkin tips

- Buy 100% pure pumpkin puree *(not pumpkin pie mix)*.
- Stir 2 to 4 tablespoons into everyday meals and snacks.
- Freeze extra puree in ice cube trays for up to 3 months.

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