

## Tasty Ways to Eat Canned Pumpkin

Pumpkin is jammed packed with vitamins and phytochemicals that protect your heart, lungs, and skin! I'm always looking for new ways to use pumpkin. When my skin is looking good, I know I'm getting a good amount of vitamin A and vitamin C rich foods like pumpkin! I'll add pumpkin to my marinara sauce, [soups](#), [pancakes](#), macaroni and cheese, use it as a stuffing for ravioli, and add it to breads and [baked goods](#).

### Pumpkin Apple Delight

Ingredients:

- 1/2 cup canned pumpkin
- 1 chopped [apple](#)
- 4 ounces of Greek yogurt
- 5-8 walnut halves
- 2 tablespoons of granola (optional)
- 1-2 teaspoons of maple syrup
- 1/2 to 1 teaspoon of vanilla extract
- 1/2 teaspoon of [cinnamon](#) or 1/3 teaspoon of pumpkin pie spice

Directions:

1. Open up a can of pumpkin, scoop out all but 1/3 cup (put aside for smoothie recipe below).
2. Wash apple, chop, and microwave for 2 minutes.
3. Add pumpkin to apples and reheat for 1 minute
4. Using a spatula swirl in 4 ounces of [Greek yogurt](#) into the pumpkin-apple mixture.
5. Add in 1-2 teaspoons of maple syrup, a splash of vanilla extract and a dash of cinnamon.
6. Top with walnuts and/or granola
7. Eat and enjoy!

### Pumpkin'nana Smoothie

I LOVE this smoothie! It's the perfect fall dessert with a tasty balance of sweet, spicy and savory. Bonus - you boost your vegetable intake!

Ingredients:

- 1 ripe [frozen banana](#), sliced
- 1/3 cup pumpkin puree
- ½ cup sweetened almond/[soy milk](#) combo or milk of your choice mixed with a teaspoon of honey
- 3-4 ice cubes

- ½ teaspoon of cinnamon
- ½ teaspoon of pumpkin pie spice (optional)

Directions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Enjoy!