

PUMPKINS

By Lauren Kitchen

Did you know?

- PUMPKINS ORIGINATED IN CENTRAL AMERICA
- EACH PUMPKIN HAS ABOUT 500 SEEDS
- 1.5 BILLION PUMPKINS GROWN EACH YEAR
- PUMPKIN IS ACTUALLY A FRUIT

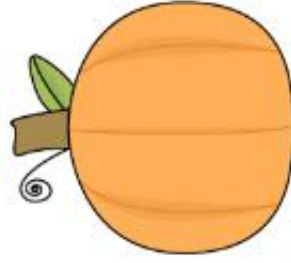


How do you mend a broken jack-o-lantern?
With a pumpkin patch!



Fun Facts!

- Pumpkins are 90% water
- Native Americans used pumpkin seeds for food & medicine
- Pumpkins were once used for removing freckles and curing snake bites



- Pumpkins are an antioxidant & an inflammatory
- They help w/ joint health, organ health, stress relief and soft tissue injury
- High levels of vitamin C help the immune system
- Pumpkins contain L-tryptophan, a chemical compound that triggers feelings of well being that aid depression in a natural way

Pumpkin bars

Ingredients

8 egg whites, 1 & 3/4 cups sugar, 1 can solid pack pumpkin, 2 cups whole wheat flour, 2 teaspoons ground cinnamon, 2 teaspoons baking powder, 1 teaspoon baking soda, 1 teaspoon salt.

***Icing (Optional):** 6 ounces low fat cream cheese (softened), 2 cups confectioners sugar, 1/4 cup butter (softened), 1 teaspoon vanilla extract, 1 to 2 tablespoons skim milk

Directions:

- In a bowl, beat eggs, sugar, and pumpkin until well blended
- Combine flour, cinnamon, baking powder, baking soda, and salt in separate bowl; gradually add to pumpkin mixture and mix well
- Pour into an ungreased 15x10x1 in baking pan. Bake at 350 degrees for 25-30 min or until set.

***Icing:** beat all ingredients together and add milk as needed.

Shopping tips

- Choose pumpkins that are bright orange and avoid pumpkins with cracks and blemishes
- For pumpkin dessert, it's easier to use canned pureed pumpkin