

Hey PUMPKIN



Pumpkins are packed so full of nutrients, you may want to consider adding to dishes other than the traditional pumpkin pie. The possibilities are endless!

Add pumpkin to oatmeal or throw in chili for a fun fall twist!

Pumpkin Oats

1/3 cup pumpkin puree
1/2 cup milk of choice
1/2 cup rolled oats
1 tsp pumpkin spice

Combine all ingredients and put into sealable mason jar. Refrigerate overnight. Top with walnuts if desired.

Pumpkin Chili

15oz can pumpkin puree
15oz can diced tomatoes
15oz can tomato sauce
1 cup water
2 cans of bean of choice (we like black beans and garbanzo, but any that you have on hand work great!)

1 TBSP chili powder
1 TSP cinnamon
2 TSP garlic powder
salt and pepper to taste

Combine all ingredients and simmer in pot for 10 minutes or until heated through. Top with avocado or cheese if desired.

Contact us today to schedule a nutrition appointment.

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