

A simple guide to

PUMPKINS

Cooking pumpkins are usually smaller & denser than decorative pumpkins.



Sugar/Pie



Peanut



Fairytale



Cinderella

In Season



How to Bake

Step 1



Preheat oven to 400°F. Using a large knife, cut a circle around the stem & remove.

Step 2



Cut pumpkin in half & use a spoon to scoop out seeds.

Step 3



Cover the bottom of a large baking sheet with a 1/2 inch of water. Place face down on a baking sheet. Bake 30-45 minutes or until the shell is hard & pumpkin is fork-tender.

Step 4



Spoon out the cooked pumpkin into a bowl & smash with a fork. Now use in your favorite pumpkin recipe.



Tip

If shell is too hard, use a rubber mallet to help cut the pumpkin or wrap pumpkin in a wet paper towel and microwave.

OATMEAL PUMPKIN BITES

Ingredients:

- 2 1/2 cups rolled oats
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1/2 cup chocolate chips
- 1 1/4 cups pumpkin puree
- 3 Tbsp honey
- 2 Tbsp creamy peanut butter
- 1 cup water
- 2 tsp vanilla extract
- Non-stick cooking spray

Preparation:

1. Preheat oven to 400°F.
2. In a large bowl, add oats, cinnamon, pumpkin pie spice & chocolate chips. Mix well.
3. In a separate large bowl, add pumpkin puree, honey, peanut butter, water & vanilla extract. Mix until completely combined. Pour pumpkin mixture into oat mixture & stir to combine.
4. Lightly coat a muffin tin with cooking spray. Fill cups half-full with pumpkin bite mix. Bake 15-20 minutes, or until tops are browned. To check, insert a knife in the middle. If ready, it will come out clean.
5. Enjoy tender & warm.

30 Min | Serves 12

Nutrition Facts	
12 servings per recipe	
Serving size	(78g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 167mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.



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