

PLENTY OF WAYS TO USE PUMPKIN PUREE!

Pre-cooked, pureed pumpkin can be a convenient and nutritious addition to your diet! Try these fun ways enjoy pumpkin any time of year!

Pumpkin Oatmeal: Stir in a few spoonfuls of pumpkin and a dash of cinnamon to spice up your breakfast.

Pumpkin Butter: Combine equal parts pumpkin and natural peanut butter and spread on apple slices



Pumpkin Smoothie: Make a smoothie with yogurt, pureed pumpkin, milk, splenda, and some pumpkin pie spice.

Pumpkin Seeds: Toast some pumpkin seeds (also called pepitas) and use on top of salads, in soups, or just plain with a dash of salt for some crunch!



Pumpkin Ricotta Mousse

Ingredients:

1 cup part skim ricotta cheese
1 cup pumpkin puree (Libby's)
2 Tbsp sugar-free vanilla instant pudding mix
2 Tbsp Splenda (granulated)
½ tsp. pumpkin pie spice
1 1/3 cup thawed sugar-free whipped topping (Cool-whip)

Directions:

1. Combine ricotta and pumpkin and blend in a food processor or blender until smooth
2. Add pudding mix, Splenda, pumpkin pie spice, and 1/3 cup cool-whip and blend until smooth
3. Remove from food processor, pour into a bowl, and fold in 1 cup of cool-whip
4. Portion out ½ cup portions and refrigerate until ready to serve!

Yields 8 (½ cup) portions

Calories: 50

Fat: 2 g

Protein: 4 g

Carbs: 6 g



RECIPES



*For eating well
after bariatric
surgery*

*Stock up on
canned
pumpkin
around the
holidays and
use in your
recipes all year!*

*To view more recipes or submit your own, visit
www.muschealth.com/weightlossurgery*

