



Pumpkin Pie Overnight Oats

Ingredients

- ¼ cup plain greek yogurt
- ½ cup milk or milk alternative
- ¼ cup pumpkin puree
- 1-2 tablespoons pure maple syrup
- ½ teaspoon vanilla extract
- ½ cup rolled oats
- 2 teaspoons chia seeds
- ½ teaspoon pumpkin pie spice

Instructions

- Mix all ingredients together in a bowl.
- Add to glass jars and refrigerate 4 hr minimum, overnight is optimal.
- Optional: top with seeds, chocolate chips etc.
- Enjoy!



FALLING FOR PUMPKIN

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As the fall season creeps in, it is the perfect time to lean into seasonal produce. Pumpkin is a favorite fall product to introduce to children! Pumpkin contains vitamins A, C, E, K, and many of the B vitamins. It also contains beta carotene, fiber, and lots of minerals such as potassium, iron, magnesium, zinc, and calcium.

You can find fresh pumpkins at most markets and grocery stores in the fall. Just be sure if you grab a canned version that you're getting pure pumpkin puree and not pumpkin pie filling.

Here are 5 ways to enjoy pumpkin this fall:

1. **Carving or painting pumpkins** - It may not be eating them, but this food play is great for exposure. Let them dig out the guts for a sensory experience. Save the seeds for another treat.
2. **Try the seeds** - After carving your pumpkin, clean and roast the seeds. You can sprinkle them with delicious pumpkin pie spice, roast them up, and enjoy a nutritious snack.
3. **Pureed pumpkin** - Try pumpkin puree to power up pancakes, overnight oats, and smoothies. You can even mix pumpkin into mashed regular or sweet potato for a flavor punch.
4. **Make muffins** - Try baking up a healthy version of pumpkin muffins. Look for a recipe using whole wheat flour that is lower in sugar.
5. **Serve up some soup** - Pumpkin soup is delicious! You can even blend it up with fall veggies like butternut or acorn squash for added seasonal flavor.