

THE POWER OF PUMPKIN

LIBBY'S® 100% Pure Pumpkin packs a powerful boost of nutrition to your everyday recipes. Enjoy these easy Powered-Up Recipes. 5 ingredients or less - Delicious & Nutritious!



"Thank You Very Much" Pumpkin Peanut **Butter Sandwich**

Ingredients:

- 1/2 cup **LIBBY'S®** 100% Pure Pumpkin
- 1/2 cup creamy or crunchy peanut butter
- 4 slices whole wheat or white bread
- 1 medium banana, cut into 1/4-inch slices



"Pumped Up" Chocolate Milkshake

Ingredients:

- 2 cups (4 large scoops) Chocolate EDY'S® or DREYER'S SLOW CHURNED™ Light Ice Cream
- 2/3 cup (5 fl. oz. can) NESTLÉ® CARNATION® Evaporated Fat Free Milk
- 1/2 cup **LIBBY'S®** 100% Pure Pumpkin

PLACE ice cream, evap-

Directions:

cover.

servings

orated milk and

or until smooth.

Pour into glasses.

pumpkin in blender:

Blend for 30 seconds

Makes about two 8-oz.

"Mmmmm...Pumpkin Mousse"

Ingredients:

- 1 box (3.4 oz.) vanilla instant pudding and pie filling mix
- 1/4 teaspoon pumpkin pie spice or ground cinnamon
- 2/3 cup, (5 fl. oz. can) **NESTLÉ** CARNATION® Evaporated Fat Free Milk
- 1 cup LIBBY'S® 100% Pure Pumpkin
- 1 1/2 cups thawed fat-free frozen whipped topping



COMBINE pudding mix and pie spice in medium bowl. With whisk, add evaporated milk; mix until well blended. Add pumpkin and mix.

Gently fold in whipped topping into pudding mixture. Spoon into serving dishes. Top with additional whipped topping and pie spice, if desired.

Serve immediately or cover and refrigerate.

Makes about six 1/2-cup



"Pumpkin Perfect" Oatmeal Cookies

Ingredients:

- 1 pkg. (17.5 oz.) oatmeal cookie mix
- 1/2 cup **LIBBY'S®** 100% Pure Pumpkin
- 3 tablespoons vegetable oil
- 1 large egg
- 1 cup sweetened dried cranberries, raisins or nuts (optional)



Everyday Pumpkin

Ingredients:

- 1 cup fat-free or lowfat vanilla yogurt
- 1/4 cup LIBBY'S® 100% Pure Pumpkin
- 1/4 teaspoon pump-
- kin pie spice
 1/2 to 2/3 cup lowfat or fat free granola

Directions:

COMBINE pumpkin and peanut butter in small bowl until well blended. Makes 1 cup.

SPREAD 1 tablespoon pumpkin peanut butter spread on each slice. Top two slices with banana slices. Top each with second slice of bread to make sandwiches.

REFRIGERATE leftover pumpkin peanut butter spread in tightly covered container for up to 5 days.

Makes 2 sandwiches

Directions:

servings

Directions:

PREHEAT oven to 375°.

COMBINE cookie mix, pumpkin, oil and egg in large bowl. Stir in dried cranberries, if desired. Drop by rounded teaspoonfuls, about 2 inches apart, onto ungreased baking sheets.

BAKE for 10 to 12 min. or until lightly browned and set in centers. Cool on baking sheets for 1 minute; remove to wire racks to cool completely.

Store cookies in covered container.

Makes 3 dozen cookies

Directions:

COMBINE yogurt, pumpkin and pie spice in small bowl.

PLACE 1/2 yogurt mixture into two 1-cup parfait glasses.

Top yogurt mixtures with 1/2 of granola.

Top each with remaining yogurt mixture and granola.

Makes 2 servings



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Hint of Honey Pumpkin Spread

Ingredients:

- 1 pkg. (8 oz.) 1/3 less fat cream cheese (Neufchâtel), at room temperature
- 1/2 cup **LIBBY'S**® 100% Pure Pumpkin
- 2 tablespoons honey
- 1 pinch ground cinnamon

Directions:

STIR cream cheese, pumpkin, honey and cinnamon in medium bowl for 1 minute or until smooth. Serve immediately or refrigerate in tightly covered container for up to 4

Makes about 1 1/3 cups.

SERVE with apple slices or whole-wheat crackers.

Makes about ten 2 tablespoon servings



Pumpkin, Spice, Everything Nice Muffins

Ingredients:

- 1 pkg. (18.25 oz.) spice or carrot cake mix
- 1 can (15 oz.) LIBBY'S® 100% **Pure Pumpkin**
- 6 tablespoons egg substitute or 3 large egg whites
- 1/3 cup water
- 2/3 cup raisins

Directions:

PREHEAT oven to 350°. Grease or paper-line 24 muffin cups.

COMBINE cake mix, pumpkin, egg substitute and water in large mixer bowl until moistened. Beat on low speed for 30 seconds; scrape bowl. Beat on medium speed for 2 minutes. Stir in raisins. Spoon batter into prepared muffin cups, filling 2/3 full.

BAKE for 18 to 22 min. or until wooden pick inserted in centers comes out clean. Cool in pans on wire rack for 10 min.; remove to wire racks to cool completely.

Store muffins in covered container.

Makes 2 dozen muffins



Pick-Me-Up Pumpkin

Ingredients:

- 1 cup strong coffee
- 2/3 cup (5 fl.-oz. can) **NESTLÉ** CARNATION® Evaporated Fat Free Milk
- 1/4 cup LIBBY'S[®] 100% Pure Pumpkin
- 1 to 2 teaspoons granulated sugar
- 1/8 teaspoon pumpkin pie spice or ground cinnamon

Directions:

COMBINE coffee, evaporated milk, pumpkin, sugar and pumpkin pie spice in 2-cup microwave-safe glass measuring cup or small saucepan. Heat until very hot (if using stove, use medium-low heat and stir occasionally). Carefully pour into mugs.

Makes two 8-oz. servings

Tip:

To make a foamy top to your latte much like your favorite coffee house creation, prepare as above. Carefully transfer hot mixture into blender container; cover with lid and then hold down lid with folded towel or potholder.

Blend for 1 minute.



Puffy Pumpkin Páncakes

Ingredients:

- 2 cups complete pancake mix (such as AUNT JEMIMA® Buttermilk Complete)
- 1 1/2 cups water
- 2/3 cup **LIBBY'S**® 100% Pure Pumpkin
- Nonstick cooking spray
- · Lite pancake syrup, if desired



Early Morning Pumpkin Maple Oatmeal

Ingredients:

- 1/2 cup uncooked quick or old-fashioned oats
- 2 tablespoons LIBBY'S® 100% **Pure Pumpkin**
- 1 tablespoon lite pancake or maple syrup

Directions:

COMBINE pancake mix, water and pumpkin in medium bowl. Stir just until moistened. Batter may be lumpy.

HEAT griddle or large skillet over medium heat; spray with nonstick spray. Pour 1/4 cup batter onto hot griddle; cook until batter bubbles begin to burst. Turn and continue cooking for 1 to 2 minutes or remaining batter.

until golden. Repeat with

Serve with syrup.

Makes 6 servings, about 12 pancakes total

Directions:

COOK oatmeal according to package directions. Place in bowl. Top with pumpkin and syrup.

Makes 1 serving

Tip:

Serve with milk, if desired.



+ PUMPKIN

Plus Pumpkin adds extra fiber and Vitamin A, while helping to reduce the fat and sodium in your recipes. Power Up with + Pumpkin Nutrition!



Pasta Sauce + Pumpkin

Pumpkin added to your favorite convenience tomato sauce reduces the sodium, although the only difference you may notice is a little extra body added to your pasta sauce.

Simply stir 1 cup LIBBY'S® 100% Pure Pumpkin into 3 cups (about 26 oz.) of your favorite jarred or homemade pasta sauce.



Mashed Potatoes + Pumpkin

With pumpkin added to mashed potatoes, they become rich and golden in color, while helping to reduce the fat and calories in a serving of your favorite spuds.

Stir 1/2 cup of **LIBBY'S® 100% Pure Pumpkin** into each cup of instant or homemade mashed potatoes.



Hot Cocoa + Pumpkin

Pumpkin will melt right into your hot chocolate helping to create a rich, smooth body plus add a good source of fiber.

Make a mug of hot cocoa with low-fat milk and stir in a 1/4 cup of LIBBY'S® 100% Pure Pumpkin.



Chili + Pumpkin

You may not notice the pumpkin in your chili, but you'll be glad to know that this pumpkin addition will help to reduce the sodium in your bowl of chili.

Stir 1/2 cup **LIBBY'S® 100% Pure Pumpkin** into 1 1/2 cups (about 15 oz. can) of your favorite homemade or canned chili.



Applesauce + Pumpkin

Pumpkin adds a rich golden color and natural flavor to your everyday apple sauce.

Stir 3 tablespoons of LIBBY'S® 100% Pure Pumpkin into 1/2 cup of apple sauce for a naturally sweet snack.



Mac & Cheese + Pumpkin

Get the same great taste of traditional Mac & Cheese with out all the fat when pumpkin is used in place of butter.

Make your typical boxed Mac & Cheese by substituting 1/2 cup LIBBY'S® 100% Pure Pumpkin for all the butter or margarine called for in the directions.



Hummus + Pumpkin

Pumpkin adds a touch of color and light earthiness to the flavor of hummus.

Stir 1/4 cup **LIBBY'S® 100% Pure Pumpkin** into 1 cup (about 7 oz. container) of store bought hummus.



Brown Rice + Pumpkin

With pumpkin added to hearty brown rice, the results are a nutritious, deliciously creamy, risotto-like rice.

Follow the package directions for regular or parboiled rice. For each cup of un-cooked rice add 1/2 cup LIBBY'S® 100% Pure Pumpkin to the cooking water or broth



Corn Muffins + Pumpkin

Pumpkin makes muffins more tender and moist than regular corn muffins. Pumpkin also adds a mouth-watering golden color and helps create a beautifullycrowned muffin top.

To your 8.5 oz. package of corn muffin mix batter, simply add 1/2 cup **LIBBY'S® 100% Pure Pumpkin**. Just follow the package directions for baking.



Ice Cream Topping + Pumpkin

Add some pumpkin to your favorite decadent topping. You'll still have a great sweet taste, but with fewer calories and less refined sugar content per serving.

Stir 1 tablespoon of LIBBY'S® 100% Pure Pumpkin into 3 tablespoons of caramel, butter-scotch or other dessert topping.