



## **Baking 101 Video Script- Power of Pumpkin**

### Introduction

Hi everyone, I'm Chris Garboski from the Nestlé kitchens and I want to share some of my favorite cooking and baking tips for adding a nutritious boost and flavorful punch to some of your favorite dishes. Most of you know pumpkin as the all-star ingredient to making traditional Thanksgiving pies. But, pumpkin is a super food that's so versatile it can be used in many of your favorite recipes year round.

Pumpkin not only tastes great, but it's a nutritional powerhouse. In addition to being low in fat and calories, pumpkin is rich in nutrients. Just a ½-cup serving provides more than a days worth of Vitamin A, and it's a great source of fiber, which helps you feel full!

And as a mother of triplets, I understand the importance of getting food on the table fast. But, nutrition doesn't need to be compromised. Adding pumpkin to some of their (and my) favorite foods adds a nutritious boost I feel good about, plus, it tastes great!

### Puffy Pumpkin Pancakes

These easy-to-make pumpkin pancakes are a great source of Vitamin A (which is important for vision and bone growth) and a favorite in my household. They're beautifully golden in color and have a fun "puffed-up" appearance that my kids can't get enough of. Simply mix a little pumpkin into your pancake batter and proceed with your recipe... the result, added moistness and a nutritious boost not found in ordinary pancakes.

### Early Morning Pumpkin Maple Oatmeal

Pumpkin is also a natural way to make a hearty oatmeal breakfast even more nutritious and delicious. By adding a couple tablespoons of pumpkin and maple syrup to your oatmeal, you can really dress up your morning routine. And since you're only using a couple tablespoons of pumpkin, you will have plenty of pumpkin left over to add to your dinner!

### Spaghetti Pasta Dish

In fact, I love mixing a little pumpkin into a tomato sauce when I'm making pasta or even sauce for a lasagna. Pumpkin can also be added to macaroni and cheese, or homemade or canned chili. These are easy, great ways to boost nutrition.

### Pumpkin, Spice & Everything Nice Muffins

Pumpkin is also a great fat and calorie reducer. These low-fat pumpkin treats are easy to make using a spice cake mix. Pumpkin adds moisture and helps make these muffins light and tender. They're great for breakfast, after school, or even as a night-time snack.

### Everyday Pumpkin Parfait

For an anytime treat that will satisfy your craving for a sweet and crunchy snack, I'm going to show you how to prepare a deliciously low-fat Pumpkin Parfait. The pumpkin blends easily with the yogurt and adds a unique twist of flavor to this creamy yet crunchy treat.

For cooking tips, recipes ideas, and additional tips for incorporating pumpkin into your diet, visit [VeryBestBaking.com](http://VeryBestBaking.com).