

# Simply Sensational

## Power Up With Pumpkin

(NAPSA)—Pumpkin is a nutritional powerhouse that can be savored all year long.

Pumpkin is a rich source of fiber: One ½-cup serving of pumpkin provides 20 percent of your daily fiber requirement. In addition, fiber promotes regularity and heart health while helping you feel full and satisfied. Just a ½-cup serving provides more than 100 percent of your daily vitamin A requirement.

Pumpkin is not only rich in nutrients; it is low in calories and fat, too. Available year-round, canned pumpkin can be added to yogurt, hot oatmeal or even tomato sauce—for a delicious, nutritious boost.

Unleash the power of pumpkin all year long with these helpful tips:

- **“Plus up” your dishes with pumpkin:** Stirring pumpkin into your sauces, soups or chili can help to reduce the sodium, fat and calories in a serving of your favorite dish.

- **Bake smarter:** Reduce the fat in baked goods such as cookies, breads and cakes by substituting pumpkin for some or all the oil. This method of baking results in less-fattening, healthier and moister baked goods.

- **Perfect your snacks:** Pumpkin is perfectly safe to eat straight out of the can; just stir LIBBY'S 100% Pure Pumpkin into peanut butter, applesauce, hot cocoa or other favorite snacks for an easy way to add a good source of nutrients to your diet.

- **Savor the taste of pumpkin year-round:** Embrace the rich taste of pumpkin daily. Stir a little pumpkin into your life by adding it



to mashed potatoes, peanut butter and corn muffin mix, or try a delicious pumpkin recipe such as an Everyday Pumpkin Parfait.

### EVERYDAY PUMPKIN PARFAIT

(Makes 2 servings)

#### Ingredients:

- 1 cup fat-free or low-fat vanilla yogurt
- ¼ cup LIBBY'S® 100% Pure Pumpkin
- ¼ teaspoon pumpkin pie spice
- ½ to ⅔ cup low-fat or fat-free granola

#### Directions:

COMBINE yogurt, pumpkin and pie spice in small bowl.

PLACE ½ yogurt mixture into two 1-cup parfait glasses. Top yogurt mixtures with ½ of granola. Top each with remaining yogurt mixture and granola.

Nutrition Facts per Serving: 260 cal, 2 g total fat (.5 g sat fat), 0 mg chol, 170 mg sodium, 53 g carbo, 4 g fiber, 10 g pro, 100% Daily Value vitamin A, 4% Daily Value vitamin C, 10% Daily Value iron, 25% Daily Value calcium.

For more easy pumpkin snack and recipe ideas, visit [VeryBestBaking.com/Libbys](http://VeryBestBaking.com/Libbys).