

**EPJA Fall Pumpkin Tasting – Thursday, November 18, 2010**  
Sponsored by the Healthy Schools/Healthy Choices Program of the  
El Paso Jewish Federation

Dear EPJA Parents,

Your child(ren) enjoyed two healthy pumpkin snacks this morning. The Healthy Schools/Healthy Choices Program prepared pumpkin smoothies and pumpkin bread. Please ask your children what they thought of these pumpkin goodies. We have included the recipes below so you can make these snacks at home.

Enjoy a healthy and happy Thanksgiving Break.

Warmly,

Healthy Schools/Healthy Choices

**Pumpkin Bread**

1/2 C. (1 stick) Butter or Margarine

1/2 C. Applesauce

1 C. Sugar

1 1/2 C. Brown Sugar

3 Eggs

2 tsp. Cinnamon

1 tsp. Nutmeg

1/2 tsp. Ground Cloves

1/2 tsp. Ground Ginger

1/2 tsp. Allspice

1 tsp. Vanilla

3 C. Flour

1 T. Baking Powder

1 1/2 tsp. Baking Soda

1/2 tsp. Salt

1 15 oz. can Pumpkin (or 2 C. fresh pumpkin)

Oil 2 (9x5) loaf pans. Set oven to 350F. Cream butter, applesauce, sugar and eggs. Mix in vanilla and spices. Combine dry ingredients, add to wet, stir in until just moist. Stir in pumpkin, making sure not to over stir, so that the bread is tender. Pour into pans and bake for 1 hour. This recipe can be enhanced with nuts, chocolate chips, dried fruit and/or candied ginger.

## **Pumpkin Smoothie**

### *Ingredients*

2 C. Vanilla Yogurt

1 15oz. can Pumpkin (or 2 C. fresh/frozen pumpkin)

1 tsp. Cinnamon

1/4 tsp. Nutmeg

1/2 tsp. Vanilla

1/4 C. Brown Sugar

1 C. Ice (use 1/2 the ice if making with frozen pumpkin)

### *Directions*

Blend Until Smooth. Add more spice or sweetener as needed.

Yields 4 servings