**Monthly Fun Recipe**

**Pumpkin Spice Muffins**

Makes 18 muffins

**Ingredients:**
- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 2 eggs, beaten
- 1 cup pumpkin puree
- 1/4 cup white sugar
- 2 cups unsweetened applesauce
- 2 tablespoons vegetable oil

**Directions:**
1. Preheat the oven to 350 °F (175 °C). In a medium bowl, mix together flour, baking powder, baking soda, cinnamon and nutmeg; set aside.
2. In a large bowl, combine eggs, pumpkin, sugar, applesauce, and vegetable oil. Slowly add the flour mixture to the large bowl until just blended. Do not over beat. Pour the batter into 18 nonstick muffin cups.
3. Bake for 25 to 30 minutes. Remove muffins from the oven, and let cool slightly. Remove the muffins from the pan, and let cool completely.

Adapted from Allrecipes.com

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**Fun Facts – October Food Holidays**

1st – National Pumpkin Spice Day
4th – National Taco Day
6th – National Noodle Day
9th – National Hoagie Day
12th – National Gumbo Day
14th – National Dessert Day
18th – National Chocolate Cupcake Day
23rd – National Boston Crème Pie Day
26th – National Pumpkin Day
27th – National Potato Day
29th – National Oatmeal Day

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**Save Money & Eat Well: Fall Seasonal Produce**

- Apples
- Pears
- Grapes
- Kale
- Lettuce
- Peppers
- Potatoes
- Broccoli
- Cauliflower
- Mushrooms
- Sweet Potatoes
- Spinach
- Squash
- Beets
- Cucumbers

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**The Colors of Fall: Red, Orange, and Yellow Produce**

The bright colors of red, orange, and yellow fruits and vegetables provide many health benefits:

- Antioxidants, which fight damaging inflammation in the body
- Vitamin C, which supports and strengthens the immune system
- Vitamin A, which supports eyesight, the immune system, and bone and skin health
- May play a role in preventing certain cancers, reducing the risk of heart disease, and regulating blood sugar

Examples: tomatoes, watermelon, pink grapefruit, guava, cranberries, carrots, mangos, cantaloupe, winter squash, sweet potatoes, pumpkins, apricots

Add more color to your diet with red, orange, and yellow fruits and vegetables!

*From Today’s Dietitian*