

PUMPKIN FOR ALL!

Everybody knows that when the leaves start changing- it's pumpkin season. Pumpkin lattes, pumpkin muffins, and yes, even pumpkin pie spiced Pringles come out from the woodworks to herald the beginning of fall. But is pumpkin really all it's cracked up to be? Well, it turns out that pumpkin is actually a superfood! ½ cup of pumpkin provides 100% (yes, you read that right) of your daily Vitamin A intake as well as 10% of Vitamin C. Vitamin A is extremely important for healthy eyesight and skin, not to mention it has some pretty rad antioxidant properties. Not only can you use the delicious meat of the pumpkin, the seeds provide a good source of protein, iron, and magnesium. So go ahead, incorporate this season's superfood into whatever your pumpkin-loving heart desires!

[Check out these nutritious and delicious pumpkin recipes to spice up your fall:](#)

Pumpkin Spice Trail mix

<https://www.popsugar.com/fitness/Pumpkin-Spice-Trail-Mix-From-Eating-Bird-Food-25327265>

Pumpkin-Carrot Bars with Cream Cheese Swirl

<https://www.popsugar.com/fitness/Healthy-Dessert-Pumpkin-Carrot-Bars-Cream-Cheese-6325643>

Hearty Pumpkin Chili

<http://www.neverhomemaker.com/2010/10/new-and-improved-pumpkin-chili-recipe.html>

Homemade Healthy Pumpkin Latte

<https://www.popsugar.com/fitness/Healthy-Pumpkin-Spice-Latte-35725456>

Pumpkin Pie Spice Quinoa Breakfast Casserole

<https://www.healthfulpursuit.com/2011/02/pumpkin-pie-quinoa-bake/>