

Simple Pumpkin Butter

Vegan, gluten free, dairy free

- 2 C pumpkin puree
- 2/3 C maple syrup
- 1 T lemon juice
- 1 tsp lemon zest
- ¼ tsp ground allspice
- ¼ tsp ground cinnamon
- ¼ tsp grated nutmeg
- ¼ tsp ground ginger
- 1/8 tsp ground cloves

Directions

1. Combine all ingredients in a medium sauce pan, cook over medium heat for 20-30 minutes. *It should darken and thicken a lot.*
2. Cool in a glass container in the fridge for 2 weeks.
3. Serve on toasted bread, add to oatmeal or a baked sweet potato!



Pumpkin

There are many types of winter squash, some of the most popular are Acorn, Pumpkin, Delicata, Hubbard, Spaghetti and Turban. Squash has a very long storage life up to 6 months in a cool dry place. Inspect often, as a small spot can grow quickly. Originally squash was grown for its seeds and not the flesh. As cultivation matured, flesh became sweeter and more delicious.

All winter squash are extremely healthy because of the rich colored flesh which is a great source of beta carotene. They are also a great source of vitamin C (cell support) and B1 (energy), folic acid (cell support), pantothenic acid (healthy digestive track), potassium (healthy heart and muscles) and fiber (maintains healthy digestion). Winter squash is a good source of vitamin B6 (adrenal support) and niacin (lowers cholesterol and cardiovascular risks).

Maple Syrup

Is a wonderful natural sweetener! This clear sap is extracted from Acer trees found in northern North America. Maple syrup is a great substitute for sugar, especially in fall recipes because of it's rich flavor. Maple syrup has calcium, potassium, iron, and is also a good source of mineral manganese and zinc.



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