

HARVEST OF THE MONTH PUMPKINS

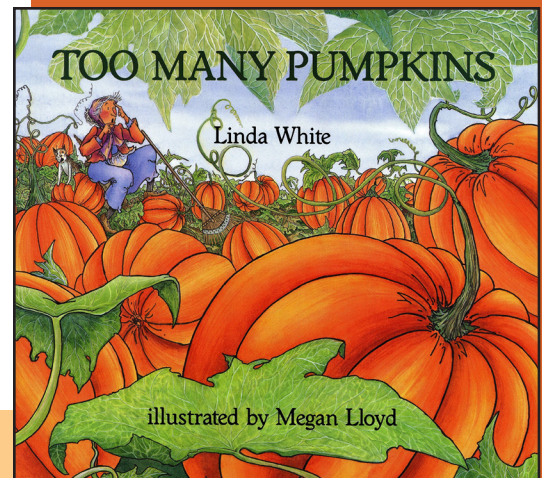


"Give them pumpkin to talk about."

WHY SHOULD I EAT FRESH PUMPKINS?

Rich in fiber, vitamins A and B, potassium, iron, and protein, pumpkin is incredibly healthy. Its nutrients may boost your immune system, protect your eyesight, and promote heart and skin health.

READ IT! Too Many Pumpkins by Linda White



MAKE IT!

PUMPKIN PIE SLOW COOKER OATMEAL

- 2 tablespoon coconut oil
- 4 cup water
- 2 cup steel cut oats
- 1 cup coconut milk
- 1½ cup pumpkin, canned
- 1½ tablespoon pumpkin pie spice
- ½ cup maple syrup, pure
- 1 tablespoon vanilla extract
- ½ teaspoon sea salt



- Coat the inside of the slow cooker with melted coconut oil.
- Add all ingredients to the slow cooker, stirring to combine.
- Cover and cook on low for 8 hours.

www.superhealthykids.com/recipes/slow-cooker-pumpkin-pie-oatmeal/

When an enormous pumpkin falls off a truck and smashes in Rebecca's yard, she shovels dirt over the pieces. Then those pumpkin pieces sprout up and Rebecca finds a sea of pumpkins in her garden.

Buy this book here:
<https://amzn.to/3fy8U2o>

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www.qualitycareforchildren.org/hompumpkins2020