

Creamy Pumpkin Soup

16 ounces Pumpkin (canned or fresh pureed)
13.75 ounces Chicken Broth
1 Large Onion
2 Carrots (Wheels or Diced)
2 Cups Evaporated milk or 2% milk
¼ Cup Sour Cream, light
1/8 teaspoon Pepper
1 teaspoon Cinnamon
½ teaspoon Baking Soda
¼ teaspoon (or less) Salt
4 teaspoons Artificial Bacon Bits

1. In a large pot add, chicken broth, onions, carrot, baking soda, salt and pepper.
2. Simmer uncovered for ten to fifteen minutes until carrots are soft.
3. Optional: Put vegetables and broth into a food processor or blender and blend until smooth.
4. Return to pot.
5. Add pumpkin and milk.
6. Simmer uncovered for 10 minutes.
7. Pour into soup crocks or soup bowls.
8. Top with sour cream and artificial bacon bits.

Makes 6 servings

Per Serving:

Calories: 146
Fat: 3 grams
Protein: 9.5 grams
Carbohydrates: 21 grams
Fiber: 4.5 grams
Sugar: 15 grams
Cholesterol: 11 mg
Sodium: 637 mg

Harry Potter's Pumpkin Milkshake

1 Frozen, Peeled Banana
3 Tbs. Orange Juice Concentrate
3 Tbs. Pumpkin Puree
1 Scoop Vanilla Ice Cream or Frozen Yogurt
1/3 cup Water

1. Cut up frozen Banana
2. Put all ingredients in a blender.
3. Blend on high until smooth.
4. Pour into two tall glasses and serve.

Variation:

Top the shake with whipped cream and a shake of Cinnamon

Makes 2 servings

Per Serving:

Calories: 168
Fat: 4 grams
Protein: 3 grams
Carbohydrates: 33 grams
Fiber: 3 grams
Sugar: 25 grams
Cholesterol: 14.5 mg
Sodium: 29 mg



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Pumpkin Bran Muffins

1 cup all-purpose flour
½ cup whole wheat flour
¼ cup sugar
2 tsp. Baking powder
½ tsp. Salt
½ tsp. Allspice
½ tsp cinnamon
2 Tbsp. Oil
½ cup skim milk
1 egg
1 cup raisin bran cereal
1 cup pumpkin (fresh or canned)

1. In large bowl, mix flours, sugar, baking powder, salt, allspice and cinnamon.
2. In another bowl, combine pumpkin, milk, egg and oil.
3. Add wet ingredients to dry ingredients; mix just until moistened. Fold in cereal.
4. Spray muffin tins with vegetable oil cooking spray; spoon batter in until 2/3 full. Bake at 400 degrees for 15-20 minutes.

Makes 12 muffins

Per muffin:

Calories: 122
Fat: 3 grams
Protein: 3 grams
Carbohydrates: 21 grams
Fiber: 2 grams
Sugar: 7 grams
Cholesterol: 17 mg
Sodium: 231 mg



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