



[ChopChop's monthly newsletter archive - Click Here!](#)

Hello, October! With Halloween upon us, we're dreaming up ways to celebrate the season while keeping an eye on our family's health. And these pumpkin recipes do just that! We've got a smoothie with all the festive fun of dessert, a snack to make after you've scooped out your jack-o'-lantern, and a handful of squash dishes to warm you up as the days turn cool. These are recipes you can make with your kids, with ingredients that are easy to come by. Nothing too spooky, we promise!



Pumpkin Pie Smoothie

This smoothie has dessert vibes, but the pumpkin puree makes it super-healthy. And it makes a great grab-and-go breakfast for school mornings. Kids Advisory Board member Linnea tested this and called it “a quick, easy, and delicious recipe.”

Hands-on Time: 10 minutes • Total Time: 10 minutes • Makes: 2 servings

KITCHEN GEAR

- Cutting board
- Dinner knife
- Measuring cups
- Measuring spoons
- Can opener
- Blender (adult needed)

INGREDIENTS

- 1/4 cup orange juice
- 1/4 cup milk
- 1/2 cup plain yogurt
- 1/4 cup canned pumpkin
- 1/2 very ripe banana
- Pinch ground cinnamon and/or nutmeg
- 1/2 teaspoon vanilla extract
- 2 ice cubes

INSTRUCTIONS

1. Put all the ingredients in the blender. Cover tightly and set to medium speed. Blend until the ice is chopped and the mixture is smooth, 30 to 60 seconds.
2. Serve right away, or refrigerate up to 4 hours.



Try This Now: Roast the Seeds

You can roast the seeds from any winter squash, not just your jack-o'-lantern! Your squash may have more or fewer seeds than 1 cup. You can just adjust the ingredient amounts accordingly.

Hands-on Time: 15 minutes • Total Time: 30–55 minutes • Makes: 4 servings

KITCHEN GEAR

- Colander or strainer
- Clean dish towel
- Measuring cups
- Measuring spoons
- Rimmed baking sheet
- Wooden spoon or silicone spatula
- Pot holders

INGREDIENTS

- 1 cup (or so) pumpkin or squash seeds
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt

INSTRUCTIONS

1. Turn the oven on and set the heat to 325 degrees.
2. Put the seeds in the colander or strainer and rinse well, but don't worry if there's still squash attached to them, since it's all edible. Blot them dry with the towel.
3. Put the seeds on the baking sheet and add the oil and salt. Mix everything together, then spread out the seeds in a single layer.
4. Put the sheet in the oven and bake until the seeds are dry and golden brown, 15 to 40 minutes (this will depend on how big they are when you start, and how wet).
5. Set aside to cool, stirring with the spoon or spatula every 10 minutes or so. Serve right away or store in an airtight container for up to 1 week.

Get Creative

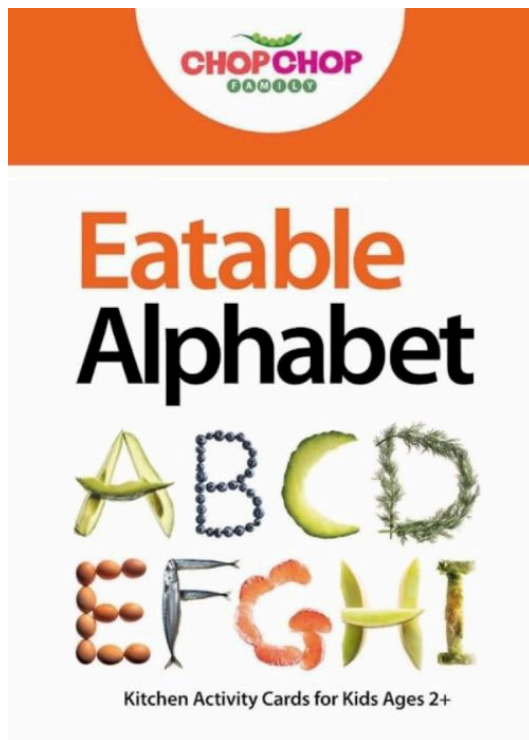
When the seeds are almost done, stir in one of the following for the last 5 minutes or so of baking:

- 1/2 teaspoon chili powder
- 1/2 teaspoon curry powder
- 1/2 teaspoon Old Bay seasoning or Creole spice blend
- 1/4 teaspoon cayenne pepper
- 1 teaspoon brown sugar and 1/2 teaspoon ground cinnamon

Want more?

Want to eat more squash this month? Try these recipes!

- [Pumpkin Biscuits](#)
- [Creamy Coconut Squash Soup](#)
- [Roasted Acorn Squash](#)
- [Squashy Chili](#)



Developed by ChopChop Family in collaboration with the American Academy of Pediatrics, and with funding from the CDC, **Eatable Alphabet™** teaches toddlers that cooking real food is fun. [Order it here.](#)



Children will love eating healthy food if they can help make it. Here's a perfect first cookbook to show even the littlest chefs how to make their own good-for-you snacks. 10 recipes with photos use only 2 or 3 ingredients. See how to make cucumber and cheese sandwiches, mashed banana waffles, nut butter rice cakes, and more. [Order it here.](#)



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