



HEALTHY PUMPKIN PIE DIP RECIPE

This pumpkin dip is a holiday favorite! We love pumpkin pie, so we decided to create a creamy dip that tastes just like it. Serve this recipe as an appetizer or dessert because it tastes great dipped with sliced apples, pears or salty whole grain pretzels. It's definitely a crowd pleaser that is easy to make, loaded with vitamin A, low in saturated fat and tastes amazing.

INGREDIENTS:

- 6 ounces, low fat cream cheese, room temperature
- 1/3 cup, reduced fat Greek yogurt
- 15 ounces (1 can) roasted pumpkin, no sugar added
- 2 1/2 teaspoons cinnamon, ground
- 1 teaspoon all spice, ground
- 1 teaspoons cloves, ground
- 1/8 teaspoon, nutmeg, ground (a pinch!)
- 3 tablespoons agave nectar
- 2 tablespoons brown sugar
- 1/8 teaspoon sea salt

Directions:

1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salty whole grain pretzels.

Nutrition Information:

Serving size: 2 Tablespoons
Serves 25

Calories: 35; Total Fat: 1g; Saturated Fat 1g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 25mg; Total Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g; Vitamin A: 50%; Vitamin C: 2%; Calcium: 2%; Iron: 2%



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LIGHTENED-UP BROCCOLI SALAD RECIPE

The crunch of fresh broccoli and nuts mixed with sweet chewy raisins in a creamy, tangy dressing make this simple salad a winner. Using non-fat Greek yogurt in place of half the mayonnaise ups the protein and keeps fat in check.

INGREDIENTS:

- 2 1/2 cups chopped raw broccoli
- 1/4 cup non-fat Greek yogurt
- 1/4 cup light mayonnaise
- 1 tablespoon rice vinegar
- 1 to 2 teaspoons sugar
- 2 tablespoons raisins, currants or cranberries
- 2 tablespoons chopped nuts (cashews, pecans, almonds)

Directions:

1. Wash and chop the broccoli and set aside.
2. In a medium bowl, combine the yogurt, mayonnaise, vinegar, sugar, raisins and nuts.
3. Throw in the broccoli, and mix well until evenly covered with the dressing.
4. Chill and serve.

Nutrition Information:

Serving size: 1/2 cup
Serves 5

Calories: 90; Total Fat: 6g; Saturated Fat: 1g; Sodium: 170mg; Total Carbohydrate: 8g; Dietary Fiber: 2g; Sugars: 5g; Protein: 2g; Vitamin A: 1088IU, Vitamin C: 33mg; Calcium: 29mg.



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CHOCOLATE CHIP PUMPKIN BARS RECIPE

Thanks to the pumpkin (which, by the way, blends right in), each serving has almost half a day's worth of immune-boosting vitamin A. As for the nuts, they add heart-healthy fat and protein to each delicious bite.

INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 cup pecans, very finely chopped
- $\frac{3}{4}$ cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 4 large eggs, beaten
- 1 15-ounce can 100% pure pumpkin
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{4}$ cup low-fat milk
- $\frac{1}{2}$ cup mini semi-sweet chocolate chips

Directions:

Preheat the oven to 350°F (176°F). Lightly oil or coat a 15-x-10-x-1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside. Whisk together the all-purpose flour, whole-wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined. In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips. Spread the

batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30, 2-x-2 $\frac{1}{2}$ -inch bars.

For maximum freshness, store leftovers in a plastic container or zip-top bag in the refrigerator.

Nutrition Information:

Serving size: 1 bar

Calories: 140; Total Fat: 8g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 25mg; Sodium: 95mg; Total Carbohydrate: 16g; Dietary Fiber: 2g; Sugars: 7g; Protein: 2g; Vitamin A: 45%; Vitamin C: 2%; Calcium: 2%; Iron: 4%.



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PUMPKIN CHEESECAKE SMOOTHIE RECIPE

The vanilla yogurt makes this smoothie taste like pumpkin cheesecake. You'll think it should be in a pie shell.

INGREDIENTS:

- 1 cup canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 cup fat-free milk
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 teaspoons sugar
- Sprinkle of nutmeg

Directions:

1. Combine all the ingredients except the nutmeg in a blender or food processor.
2. Blend until smooth.
3. Pour into a glass and garnish with a sprinkle of nutmeg.

For a nuttier taste and another burst of nutrition, add $\frac{1}{4}$ cup toasted wheat germ to the blender. *(Calories increase to 270 per serving and fiber bumps up 1 gram.)*

Nutrition Information:

Serving size: 1.5 Cups

Serves 2

Calories: 210; Total Fat: 1g; Saturated Fat: 0g; Cholesterol: 5mg; Sodium: 150mg; Total Carbohydrate: 41g; Dietary Fiber: 4g; Protein: 12g.



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