



Pumpkin, a Super Food for All 12 Months of the Year

DeeDee Stovel

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Nutritious, delicious, and amazingly versatile, pumpkin provides necessary vitamins, protein, and complex carbohydrates to a balanced and healthy diet. Reap the benefits of this superfood as you take advantage of its mellow flavor and smooth texture to add a new dimension to your favorite dishes. Using both fresh and canned pumpkin, DeeDee Stovel offers 125 easy-to-follow recipes that include Thai Pumpkin Soup, Pumpkin Pizza with Gorgonzola Cheese, Pumpkin Panna Cotta, and, of course, Pumpkin Pie. Dig in!

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