



Recipes for Five Ways to Use Canned Pumpkin

Recipe	Website
Apple cinnamon oatmeal	https://eatsmart.umd.edu/recipe/apple-cinnamon-oatmeal
Banana nut Oatmeal	https://eatsmart.umd.edu/recipe/banana-nut-oatmeal
Black bean burger	https://www.myplate.gov/recipes/myplate-cnpp/black-bean-burgers
Glazed meatloaf	https://www.myplate.gov/recipes/myplate-cnpp/glazed-meatloaf
Pumpkin oatmeal energy bites	https://eatsmart.umd.edu/recipe/pumpkin-oatmeal-energy-bites
Energy bars	https://eatsmart.umd.edu/recipe/energy-bars
Carrot and oatmeal cookies	https://eatsmart.umd.edu/recipe/carrot-and-oatmeal-cookies

Thank you for attending!

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