



Elliott Evans Nutrition, LLC
Prevent and Protect
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INDIAN SPICED PUMPKIN

- ◆ Scrape out flesh from half a roasted pumpkin
- ◆ In a skillet over medium heat, warm 1 tablespoon extra-virgin olive oil.
- ◆ Add ¼ teaspoon fennel seeds, ¼ teaspoon cumin seeds, and ¼ teaspoon hot red pepper flakes. Cook until fragrant – about 1 minute.
- ◆ Add pumpkin and 2 tablespoons maple syrup. Cook for 1 minute, mashing to combine.
- ◆ Add 1 tablespoon of unsalted butter and stir. Serve immediately.

SERVES 4

PER SERVING: 122 Calories; 2 g saturated fat; 4 g unsaturated fat; 8 mg cholesterol; 16 g carb; 4 mg sodium;
2 g protein; 2 g fiber



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MCCORMICK – SPICES FOR HEALTH

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