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Sous Chefs ←

Kids can start off with simple tasks, then graduate to real cooking

BREAKFAST SMARTS

Good Morning, Pumpkin

THIS FALL FAVORITE IS A NUTRITIOUS ADDITION TO LOTS OF GREAT STARTERS. ADD 1/4 CUP OF UNSWEETENED PUMPKIN PUREE TO THE FOLLOWING:



1. Shakes
Try a pumpkin protein shake or smoothie.



2. Oatmeal
Add a pinch of pumpkin pie spice.



3. A yogurt parfait
Start with 6 ounces low-fat vanilla Greek yogurt.



5. Hot drinks
Mix together 1 cup low-fat milk, 2 teaspoons sugar, and a dash of vanilla extract and cinnamon. Heat it up and blend for a do-it-yourself pumpkin latte (espresso optional).



4. Apple dip
Combine 2 tablespoons almond butter, 1 teaspoon maple syrup, and a pinch of cinnamon. Eat with apples.



→ Perfect Pumpkin

This small amount contains 2 grams fiber, two days' worth of vitamin A, and just 20 calories

KIDS' BOX

Little Cooks in the Kitchen

Welcome kids into the holiday kitchen with these tasks even the smallest hands can tackle

Toddlers can pour ingredients into mixing bowls and stir batters with assistance, work the salad spinner, or rinse fruits and vegetables. Ask preschoolers to crack and whisk eggs, tear lettuce, help roll pie dough. Elementary schoolers can measure ingredients, scrub and peel potatoes, and operate electric beaters or mixers. —KERRI-ANN JENNINGS