

# Next Stop Australia

WHERE PERKY  
PUMPKINS ARE NOW  
IN SEASON!

PUMPKINS  
MAKE A  
GREAT

## Weight!

Perfect for resistance  
training!

# Pumpkins reimaged

## Benefits

- 1. Helps protect against cancer:** pumpkin is one of the highest known sources of betacarotene, a powerful antioxidant that gives pumpkin its orange colour and is converted into vitamin A in the body.
- 2. Helps regulate blood pressure:** Pumpkins are a rich source of potassium, an important nutrient for blood pressure control.
- 3. Helps protect against age-related eye problems:** Pumpkins contain high amounts of vitamin E, vitamin C and betacarotene. These are antioxidants which can help support eye health and protect against degenerative eye damage in older adults.

## Eating tips

- Add some cooked mashed pumpkin to pancake batter!
- Pumpkin seeds are easy to prepare- scoop out the seeds, wash them and let them dry, then bake them on an oiled baking sheet at 120 Celsius for 1 hour!

## Recipes

- Pumpkin porridge from [allrecipes.com](http://allrecipes.com)
- Healthy pumpkin muffins from [CookieandKate.com](http://CookieandKate.com)
- Pumpkin, roasted capsicum and spinach damper from [healthyfoodguide.com](http://healthyfoodguide.com)
- Lentil pumpkin and spinach dahl from [healthyfoodguide.com](http://healthyfoodguide.com)
- Pumpkin soup from [healthyfoodguide.com](http://healthyfoodguide.com)

## Buying tip

Choose pumpkins that are free from blemishes and heavy for their size!

## Storage tip

Pumpkins last about a month in a cool dry place!