**Pumpkins reimagined**

**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
- Healthy pumpkin muffins from CookieandKate.com
- Pumpkin, roasted capsicum and spinach damper from healthyfoodguide.com
- Lentil pumpkin and spinach dahl from healthyfoodguide.com
- Pumpkin soup from 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!