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Quarterly Insights into all Things Health & Wellness

Fall 2019

Healthy Pumpkin Soup Recipe

Ingredients:

- 2 medium onions, chopped
- 3 large garlic cloves, chopped
- 1 tbsp coconut or avocado oil
- 2 cups of any broth
- 2 1/4 cups pumpkin puree
- 1/2 cup canned coconut milk, full fat
- 1 tsp salt
- 1/4 tsp pumpkin pie spice
- Ground black pepper, to taste
- 1/2 cup pumpkin seeds
- 1 tsp soy sauce

Preparation:

- 1) Preheat a medium size pot on low-medium heat and swirl oil to coat. Add onions and garlic, cover and cook until translucent, stirring occasionally.
- 2) Add pumpkin pie spice and cook for another 30 seconds, stirring frequently.
- 3) Add broth, pumpkin puree, coconut milk, salt and pepper. Bring to a boil, cover and cook on low heat for 15-20 minutes.
- 4) Turn off the heat and using an immersion blender (hand blender), blend until smooth and creamy. Serve hot topped with roasted pumpkin seeds!



Flu Season

How You Can Protect You and Your Family

While the influenza (flu) virus can be detected year-round, flu activity often begins to increase in October, peaking between December and February, and lasting as late as May. Flu symptoms can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. While flu and the common cold are both respiratory illnesses they are caused by different viruses.

Those with flu are most contagious in the first 3-4 days after their illness begins. However, some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

According to the CDC, everyone 6 months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of complications. Those who are high risk include, but are not limited to, those with asthma, diabetes, heart disease, weakened immune systems due to diseases such as HIV/AIDS and leukemia or those taking medications such as chemotherapy or radiation treatment, or immunosuppressants.

Adults 65 years and older, children younger than 2 years old, pregnant women, and women up to 2 weeks after pregnancy are also high risk. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Flu symptoms are often worse than the common cold and more intense. Get vaccinated!

For flu prevention: get vaccinated each year, cover your cough and sneeze, wash your hands, avoid close contact with people who are sick, stay home when you are ill, avoid touching your eyes, nose or mouth, and clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

Breakfast >>>

Pumpkin Pancakes

Breakfast can be healthy and tasty too!

Try this delicious pumpkin pancake recipe that is sure to become a family favorite. This recipe is packed with whole grains and fiber and will keep you full and satisfied until your next meal!

Ingredients

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon pumpkin pie spice
- 1 tablespoon light agave nectar
(If you don't have agave, use sugar-free maple syrup, stevia, splenda, or your sweetener of choice)
- 1.5 cups unsweetened almond milk
- ⅓ cup canned pumpkin
(or homemade pumpkin puree)
- 1 tablespoon olive oil



Preparation

1. In a medium size bowl, whisk together the flour, baking powder, baking soda, and pumpkin pie spice.
2. Add agave nectar, almond milk, pumpkin and olive oil to the dry ingredients.
3. Mix until combined.
4. Coat a nonstick skillet with cooking spray and place over medium heat. Cook pancakes until the edges look dry and bubbles begin to form, about 2 minutes. Turnover and cook until light brown, about two minutes longer.
5. Add your favorite toppings and serve.



Nutrition 101: What's the Deal with Pumpkin?

You are sure to have picked up on the pumpkin craze by now. It seems like everything these days comes in pumpkin flavor. Coffee, cream cheese, ice-cream, almonds, even spam!

So what's the big deal?

Well, pumpkin is packed with vital nutrients. It also gives us a fun way to diversify our diet. Pumpkin is a great source of fiber, beta-carotene, and vitamin-C. Fiber helps keep you full, aids in lowering blood cholesterol, and promotes regular bowel movements. Beta-carotene is an antioxidant and essential for creating vitamin A in the body. Why vitamin A? Vitamin A is important for eye health, fetal organ development, and immune function (as is vitamin C)!

FUN FALL ACTIVITIES

1. Go apple picking then bob for them.
2. Go to a corn maze race.
3. Learn to knit a scarf or hat.
4. Make hot apple cider.
5. Carve a pumpkin and toast the seeds.
6. Make your own Halloween costume.
7. Build a bonfire and have S'mores.
8. Help neighbors rake their leaves.
9. Build a scarecrow with old clothes.
10. Go on a hayride and play "I Spy."

Fall Eats >>>

Vegetable Sweet Potato Chili

Warm up with this vegetarian take on chili! Filled with protein, potassium, vitamin C, fiber, and antioxidants – this savory dish is sure to satisfy while meeting your daily micronutrient recommendations!

Ingredients

- 1 tablespoon & 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2½ cups water
- 2, 15-oz cans black beans, rinsed
- 1, 14-oz can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

Directions:

1. Heat oil in a pot over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes.
2. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds.
3. Add water and bring to a simmer. Cover and reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, about 10 to 12 minutes.
4. Add beans, tomatoes, and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes.
5. Remove from heat and stir in cilantro.
6. Ladle into bowls and serve.



Don't forget to turn your clocks back by one hour on Sunday, November 3rd, 2019.

