Recipe:

**Ingredients**
- 1 Pumpkin
- Butter
- Cinammon
- Optional ingredients:
  - 1 apple
  - Dried fruit (raisins, prunes, etc.)
  - almonds
  - cheese (shredded)

**Directions**
- Place the pumpkin in a microwave safe bowl with some water. (As shown above)
- Make some slits in the pumpkin with a knife in order to allow steam to escape.
- Cook the pumpkin in the microwave, 6 minutes for every pound or until tender.
- Move pumpkin from bowl and allow to cool for a few minutes and then cut in half and remove seeds.
- Scoop pumpkin away from peel, top with a teaspoon of butter and sprinkle with cinammon.

**Helpful Hints**
- Toast the pumpkin seed in a pan on low heat for about 15 minutes (until dry) or place in the microwave for about 6 minutes for a quick snack.
- Pumpkin can be topped with a wide variety of toppings.
- Chop up an apple and cook in a pan then place atop pumpkin.
- Using dried fruit adds a sweet taste without adding sugar (as shown below).
- You can also top it off with almonds or coconut pieces.

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Baked Pumpkin with Cinnamon

*Kern County Aging and Adult Services*

EASY AND DELICIOUS!
Are you supposed to cut the pumpkin before you put it in the microwave?
  - Yes, you want to cut some slits in it a couple times in order to allow the steam to come out or else it will burst in the microwave.

How long do you put the pumpkin in the microwave for?
  - 6 minutes for every 1 pound.

This recipe has sugar in it and diabetics can’t have sugar.
  - There are many alternatives to sugar that you can use, for example, you can add some cinnamon. You could also add some dried fruit (about 2 tablespoons), but you want to make sure you watch how much sugar the dried fruit has as well.

What kind of sugar do you use? Brown or regular?
  - You can use either one.

Why is 2 ½ apples the same as 4 oranges?
  - The pulp and the skin of the orange add some weight so you need more to add the same weight as the apples.

What kind of nutrients does a pumpkin have?
  - Pumpkin contains vitamins A, C, and E; and it is also rich in calcium and potassium.

Does the peel of the apple have fiber?
  - Yes, the apple peel contains about 2/3 of the apple’s fiber, which is good for maintaining a healthy digestive system.

How do you cook the pumpkin seeds?
  - You can do it in the microwave or in a pan on the stove.