

October 2019

Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

Products for Halloween are now in store! If you're looking for all natural alternatives for trick-or-treat bags of candy, we have a couple options.

Among exciting news, we are prepping Health Hutt gift items for the Holidays. Some of our ideas include updated mugs and warm winter beanie hats. Have any ideas for gifts you'd like to see at the Health Hutt for the Holidays? Feel free to respond to this email!

See you at the Health Hutt!





The Whole Pumpkin Profile

Eating Pumpkin Pie during the holidays may be just a start. Pumpkin has a lot of potential to improve our overall health throughout the year. Perhaps we should consider including pumpkin in our daily diets, and not always in sweet treats. Pumpkin fruit is best consumed cooked with boiling being a popular method. Pumpkin can be consumed like any other squash and the seeds can be kept and roasted.

Potential activity of pumpkin includes Anti-microbial, Anti-oxidant, Anti-carcinogenic, and Anti-diabetic! [Learn more on the blog.](#)

A summary of major nutrients in pumpkin and pumpkin seeds include Beta carotene. Calcium, Vitamin C, Zinc, Vitamin E, Riboflavin, Copper,



Featured photo from boulderlocavore.com – [Here's a recipe they posted on your roasting your own pumpkin seeds!](#)

Manganese, Potassium, Magnesium, Phosphorus, Iron, B6, Folate, Pantothenic Acid, Niacin, Amino Acids and Fatty Acids. Pumpkin fruit is a great source of healthy fiber. In fact, pumpkin is one of the best sources of Beta carotene, which is converted to Vitamin A.



Raw sprouted Pumpkin Seeds have a good crunch like roasted.



Roast Pumpkin, Golden Beet, Squash Salad

INGREDIENTS

- 1/2 butternut squash, halved lengthwise, seeds removed
- 4 golden beets, peeled and cut into 6 wedges
- 1 medium orange pumpkin (acorn squash or Japanese red kuri), halved, seeds removed
- 1 whole bulb garlic, cloves separated and unpeeled

- a few tablespoons of olive oil, sea salt, and freshly ground pepper

INSTRUCTIONS

Preheat oven to 350 degrees.

Slice butternut squash into four long slices and place on a big baking sheet with golden beet wedges. Cut pumpkin halves into lovely crescent moon wedges-roughly four wedges per half pumpkin-and scatter those on pan too with garlic cloves.

Drizzle oil generously over everything, sprinkle with salt and pepper, and roast in oven for about 30-35 minutes. Keep an eye on them; you want edges to start browning and vegetables to be tender all the way through-check by inserting a small sharp knife into a thick piece

Remove vegetables from oven and let cool. Transfer everything to a shallow platter and serve.

Per serving: 115 Calories, 2g Protein, 13g Carbs, 2g Fiber, 8g Total Fat, 143 mg Sodium.

Vitamin B6, C, Folate, Manganese.



Have you tasted BOOMCHICKAPOP yet? Oh my goodness! It is ridiculously delicious. Angie's has given new meaning to flavored popcorn. They have many flavors to make your own 3-flavor popcorn tin for a movie-night sit in. These products are gluten free and made with non-gmo popcorn.

Health Hutt



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