



Just like their orange cousins, the carrot and the sweet potato, pumpkins are rich in beta carotene. Your body changes this antioxidant to vitamin A. You need vitamin A to see, ward off germs, and for your reproductive system to work the way it should. It also helps your heart, lungs, kidneys, and other organs stay healthy. One cup of pumpkin can give you 200% of your recommended daily vitamin A intake.

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## GOURD-GEOUS

### Baked Pumpkin Soufflé

1 can pumpkin  
1 can coconut milk  
3 eggs  
¼ cup almond flour

¼ cup NuNaturals NuStevia Pourable  
Maple Syrup or honey  
3 teaspoons pumpkin pie spice

Preheat oven to 350°F.

Mix all ingredients and pour into a tall casserole dish. Bake uncovered for 90 minutes if using honey or for 120 minutes if using NuNaturals Syrup, testing by inserting a clean, dry, knife or toothpick. If knife or toothpick comes out clean it's done. If it's still a little jiggly, turn the oven off and keep it in the warm oven until it is firm.

Serves: 10.

