

Tasty And Healthy Pumpkin Dishes For Your Children



Creamy Pumpkin And Lentil Soup



A flavorful dish that combines the sweetness of pumpkin with nutritious lentils.

Pumpkin And Chicken



Give your simple chicken recipe a sweet and creamy twist with a pumpkin.

Pumpkin Polenta Cheese Fries



A cheesy twist to the plain pumpkin fries.

Pumpkin And Chickpea Curry



Make the chickpea curry more healthy and tasty with a squashy dose of pumpkins.

Pumpkin French Toast



An orange twist to your plain and classic French toast.

Pumpkin Pancake



Add a healthy pumpkin to your child's favorite breakfast snack.

Roasted Pumpkin With Maple Syrup



A simple and flavorful pumpkin side dish with a drizzle of maple syrup on top.

Pumpkin Yogurt



A healthy and easy snack that combines creamy yogurt with pumpkin puree.