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PUMPKIN:

from a botanist 's perspective, is a fruit because it's a product of the seed-bearing structure of flowering plants but because pumpkins are less sweet and more savory from a culinary perspective, we categorize them as a vegetable.

BEAUTY TIP: PUMPKIN MASK

Mix a table spoon of pumpkin puree with little bit of honey and lemon juice. Apply on your face. Keep the mask for about 20 minutes.

Pumpkin mask helps fight sun damage and wrinkles. It is a perfect solution for beautiful skin after summer months and exposure to sun. It also has fruit enzymes that help naturally exfoliate dead skin cells.

PUMPKIN SOUP:



INGREDIENTS

- olive oil
- small sugar pie pumpkin
- 1 yellow onion, chopped
- 3 garlic cloves chopped
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/2 teaspoon cumin
- dash of cayenne pepper (if you like spice)
- black pepper and salt to taste
- 2 carrots
- 2 cups water
- 1/2 cup full fat coconut milk or cream
- green pumpkin seeds (soak them for few hours, or overnight)

INSTRUCTIONS

1. Peel pumpkin and cut into small cubes.
2. Sauté onion until translucent, add pumpkin, chopped carrot, garlic, spices. Cook, stirring occasionally, 15 to 20 minutes until pumpkin is soft.
3. Transfer everything to the blender. Blend until creamy. If it is too thick you can add some water to the desired consistency. After adding the water bring to boil for a minute or two. You may also add some spices. Stir in the coconut milk or cream and blend for few more seconds.
4. Serve hot. Garnish with the pumpkin seeds.



HAPPY HALLOWEEN!!!

Halloween is around the corner. Season of sweets and soups is open. I love walking in the forest preserve enjoying changing colors and smell of leaves and trees. After a long walk a delicious soup is very soothing. Soup is a perfect comfort dish during fall and winter months. It puts us in the right mood.



# Veggie of the Month: Pumpkin

## **PUMPKIN CHEESECAKE:**

### **Ingredients**

1 cup walnuts  
1 cup hazlenuts  
¾ cup dates  
1 cup pumpkin puree  
4 tbsp powder sugar  
½ teaspoon pumpkin spice,  
2 Eggs (optional)  
12 oz whipped cream cheese

### **Instructions:**

Soak nuts (in the separate bowls) over night. Soak dates for about an hour.

### **Crust:**

Blend walnuts, hazelnuts and dates. Spread the mixture on 9-inch pan.

### **Filling**

Beat the eggs. Add sugar and beat until sugar is dissolved. Add pumpkin spice. Blend it well. In the separate bowl beat whipped cream cheese (12 oz), add beaten eggs with sugar and spices and pumpkin puree. Beat all well until everything is well blended and no lumps. Pour batter over crust and bake for about 50 minutes at 360 degrees F. Cool and serve.



## **SPAGHETTI SQUASH**

Bake spaghetti squash in the oven at 425F for an hour (30 minutes on each side). Take it out of the oven and cut in two halves. (Be careful. It is extremely hot). Remove seeds, scrape the pulp into the bowl. My favorite recipes are with tomato sauce or zucchini. Prepare spaghetti tomato sauce and pour over spaghetti squash.

Or

Chop zucchini into ½ inch cubes. Pour olive oil on the skillet add oregano (1tbsp), garlic (3 or 4 cloves), salt and pepper. Heat it up to make sure all ingredients are well blended. Add zucchini. Toss it for a minute or two and pour over the spaghetti squash. Serve with fish, chicken or other veggies.

<https://herbsinmykitchenbook.com/recipes/>



*"The secret of happiness is variety,  
but the secret of variety, like the  
secret of all spices,*

*is knowing when to use it." —*

Daniel Gilbert

### **RESOLUTION'S SOLUTION:**

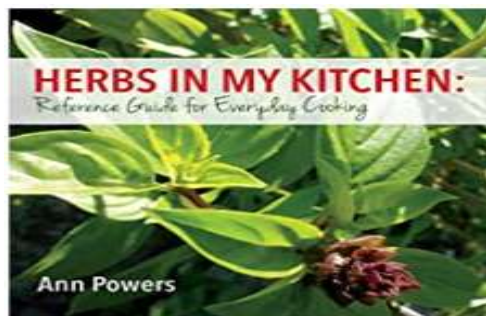
We are all guilty of making them on December 31<sup>st</sup>. Promises and pledges to be good, healthy, sleep better and exercise but on January 1<sup>st</sup> we already forgot about them.

**"Herbs in My Kitchen"** will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

**How and when to use herbs and spices?** You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



## **JOINTS PAIN RELIEF**

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

### **There is a solution: Joints Pain Relief!!!**

**100% Organic and Natural!!!** This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

