



# Spooky Ways to Add More Fruit & Veggies into your Day!

## Pumpkin Pancakes



Add pumpkin (great source of fiber, calcium, potassium, and magnesium) to your average pancake or muffin mixes !

*\*\*Inspiration from Neha at Mostly Food and Travel found at [this website](#)*



Bell peppers are a great source of vitamin C (great to boost up the immune system as the season's change)!

*\*\*Inspiration from All Recipes at [this website](#)*

## Snacks



Try turning fruit into ghosts, pumpkins, broom sticks and even Frankenstein!

*\*\*Inspiration from Amy at House of Nash Eats found at [this website](#)*

## Graveyard Veggie Pizza



Add your favorite veggies to pizza to add extra vitamins and minerals!

*\*\*Inspiration from Taste of Home at [this website](#)*

## Stuffed Jack O Lantern Bell Peppers