

### Pumpkin Cream Cheese Carrot Bars



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|----------------------------------|---------------------------|
| 4 oz. low-fat cream cheese       | 1 tsp baking soda         |
| 1/8 cup orange juice             | 1 cup white sugar         |
| 1 1/2 cups all purpose flour     | 1/2 cup brown sugar       |
| 1/2 cup whole wheat pastry flour | 1/3 cup butter, softened  |
| 1 tsp cinnamon                   | 2 large eggs              |
| 1/2 tsp nutmeg                   | 2 large egg whites        |
| 1/2 tsp cloves                   | 1 3/4 cups pureed pumpkin |
| 2 tsp baking powder              | 1 cup shredded carrots    |

**Preparation:** Preheat oven to 350°. In a small bowl, blend the cream cheese and orange juice together. Set aside. Combine flours, cinnamon, nutmeg, cloves, baking powder and baking soda. In a separate large mixing bowl, cream together sugars and butter. Beat eggs, egg whites, pumpkin puree and shredded carrots into the sugar-butter mixture. Add dry ingredients. Mix until just moistened. Pour into a pan sprayed with non-stick cooking spray. Using a teaspoon, drop spoonfuls of cream cheese mixture over batter. Swirl with a knife for a marbled effect. Bake for 25-30 minutes. Makes 36.

### Vegetarian Pumpkin Stew

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| 1 tbsp olive oil                        | 3 carrots, peeled and diced           |
| 1 large onion, coarsely chopped         | 2 celery stalks, diced                |
| 3 garlic cloves, minced                 | 1 cup chopped mushrooms               |
| 15 mL (1 tbsp) dried thyme              | 1 red bell pepper, seeded and chopped |
| 2 bay leaves                            | 19 oz can chickpeas                   |
| 2 medium sweet potatoes, peeled & cubed | 14 oz can tomatoes                    |
| 1 1/2 - 2 cups water or broth           | 1 1/2 cup puree pumpkin               |

**Preparation:** Heat oil in a large pot over medium heat. Add onion and cook, stirring often, until fragrant and beginning to brown, about 4-5 minutes. Add garlic, stir and cook for 1 minute. Add thyme, stir and cook for 30-60 seconds. Add sweet potatoes, bay leaves and 1 1/2 cups water or broth and bring to a boil. Reduce heat, cover and simmer for 10 minutes. Add carrots, celery, mushrooms, bell pepper, chickpeas, tomato and pumpkin. If necessary, add remaining water. Stir to combine and return to a boil. Reduce heat to low and simmer, partially covered, until carrots are tender, about 35 minutes. Stir occasionally. Discard bay leaves before serving.

Recipe adapted from Act Now BC: <http://www.actnowbc.ca/>



### Cinnamon Tortilla Chips with Blackberry Yogurt Dip

#### Tortillas

- 2 ten-inch whole-grain soft tortillas
- 1 tsp canola oil
- 1 tsp sugar
- 1/2 tsp cinnamon

#### Dip

- 1/2 tsp cup plain, fat-free yogurt
- 1/2 cup blackberries
- 1 tsp blackberry or raspberry jam

**Preparation:** Preheat oven to 400°. Brush one side of the tortillas with oil. Set aside. In a small bowl combine the sugar and cinnamon. Sprinkle over the tortillas. Cut each tortilla into eight wedges. Place on a baking sheet and bake for 15 minutes. Remove from the oven and cool. Meanwhile, combine the dip ingredients. Using a fork, mash the berries and mix into the yogurt. Serve the chips and dip.

Recipe courtesy of Heart & Stroke Foundation: [www.heartandstroke.com](http://www.heartandstroke.com)

### Blackberry Oatmeal Spice Muffins



- 2 cups all-purpose flour
- 1 cup rolled oats
- 1 cup brown sugar, packed
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

- 1/2 tsp cinnamon
- 1 cup skim milk
- 1 tsp vanilla extract
- 1 large egg, lightly beaten
- 1 1/2 cups blackberries
- 1/4 cup sugar

**Preparation:** Preheat oven to 400°. Combine flour, oats, sugar, baking powder, baking soda, salt and cinnamon in a large bowl. In large measuring cup, combine milk, butter, vanilla and egg. Pour liquid mixture slowly into the dry mixture. Mix lightly until just moistened. Gently stir in coarsely chopped blackberries. Spoon into a muffin pan lightly sprayed with non-stick cooking spray or lined with paper muffin cups. Sprinkle with granulated sugar. Bake approximately 18 minutes or until muffins spring back when touched lightly in the centre. Makes 16.

