

LEFTOVERS?
Fit 25% more
in your
fridge!



Columbia University says:
**CHOCOLATE STOPS
MEMORY LOSS!**

orean miracle root that
GROWS THINNING HAIR!

LM
NTER
XIETY

a candle!

D TIREDNESS
with yogurt!

ream that
**WORKS LIKE
NECKLIFT!**

GRANDMA CURES"
proven to beat
colds and flu!



**Happy
in a hurry!**
Yummy shortcut
Thanksgiving treats!



University
of Michigan
discovery!

WATER MELTS BODY FAT!

LOSE 9 LBS a week without dieting!

Cocktails that
**HEAL JOINT
PAIN!**



WV Cook up something amazing!

Everything's tastier with pumpkin!

Pumpkin's not just for pie anymore! Use this fall favorite to enliven cheesecake, pancakes and more!

Pumpkin Spice Latte

- 3 1/2 cups milk
- 1/2 cup canned or cooked pumpkin purée
- 1/4 cup sugar
- 1 Tbs. vanilla extract
- 1 tsp. pumpkin pie spice
- 1 1/2 cups strong

coffee or espresso
Whipped cream and chocolate syrup

● In large pot over medium heat, combine milk, pumpkin, sugar, vanilla and pumpkin pie spice. Heat,

stirring constantly, until sugar dissolves. Add coffee or espresso and heat just until small bubbles form around edge of pot. Divide among 4 large coffee mugs. Top with whipped cream; drizzle with chocolate syrup. Makes 4 servings.



Excerpted from Pumpkin It Up! By Eliza Cross. Photographs © 2016 Susan Barnson Hayward. Reprinted with permission from Gibbs Smith. Photos: Diane Labombardi/Getty Images.



Pumpkin Pancakes

- 1 1/2 cups milk
- 1 cup canned or cooked pumpkin purée
- 1 egg
- 2 Tbs. oil
- 2 Tbs. white vinegar
- 2 cups all-purpose flour
- 3 Tbs. firmly packed light brown sugar
- 2 tsp. pumpkin pie spice

- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- Maple syrup

● In large bowl, mix together milk, pumpkin, egg, oil and vinegar. In medium bowl, whisk together flour, brown sugar, pumpkin pie spice, baking powder and salt. Add flour mixture to

pumpkin mixture; stir just until combined. Heat lightly greased griddle or frying pan over medium-high heat. Pour 1/4 cup batter on griddle and spread out slightly using spatula or spoon. Cook, flipping once, until browned on both sides. Serve hot with maple syrup. Makes about 12 pancakes.

Pumpkin Crunch Cheesecake ▶

- 1 3/4 cups crushed shortbread cookies
- 1 Tbs. butter or margarine, melted
- 3 pkgs. (8 oz. each) cream cheese, softened
- 1 1/4 cups firmly packed dark brown sugar
- 1 can (15 oz.) or 1 7/8 cups cooked pumpkin purée
- 1 can (5 oz.) evaporated milk
- 2 eggs
- 2 Tbs. cornstarch
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1 cont. (8 oz.) sour cream, at room temperature
- 2 Tbs. sugar
- 1/2 tsp. vanilla extract
- 1 cup toffee bits
- 1/3 cup caramel topping

● Preheat oven to 350°F. In small bowl, combine cookie crumbs and butter. Press crumbs into bottom and 1" up side of 9" springform pan. Bake 7 minutes; do not allow to brown. Cool on rack 10 minutes.

● In large bowl, beat cream cheese and brown sugar until creamy, about 2 minutes. Add pumpkin, milk, eggs, cornstarch, cinnamon and ginger; beat well. Pour mixture into cooled crust. Bake until edge is set but center still moves slightly, about 1 hour to 1 hour, 10 minutes. Remove from oven. Do not turn off oven. In small bowl, combine sour cream, sugar and vanilla; mix well. Spread mixture over warm cheesecake and sprinkle with toffee bits. Bake 8 minutes. Cool on rack to room temperature. Refrigerate at least 3 hours or until filling is firm. Remove springform pan side. Just before serving, drizzle cheesecake with caramel topping. Makes 10 servings.

