

# Healthy Children, Healthy Family

## Pumpkin Atole



**Makes:** 14 servings of 1/2 cup each

**Preparation time:** 15 minutes

### Ingredients:

- 4 cups low-fat (1% fat) milk
- 1 can (15 oz) of pureed pumpkin
- 1 can (12 oz) evaporated (2% fat) milk
- 1/2 cup piloncillo
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1 tsp vanilla
- 1 Tbsp chopped walnuts (optional)

Note: brown sugar can be used instead of piloncillo.

### Instructions:

1. In a pot, heat the 4 cups of milk at low heat.
  2. In a blender, mix well the pumpkin, evaporated milk, piloncillo, and spices.
  3. Add the pumpkin mixture to the warm milk. Stir well. Continue cooking until hot.
  4. Pour into cups. For decoration, add nuts.
- \*\*Caution: children under three years should not eat nuts.



### Nutrition Facts

Serving Size (135g)  
Servings Per Container

Amount Per Serving

	Calories 100	Calories from Fat 25
	% Daily Value*	
Total Fat	3g	5%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	65mg	3%
Total Carbohydrate	16g	5%
Dietary Fiber	1g	4%
Sugars	14g	

Protein 5g

Vitamin A 100% • Vitamin C 4%  
Calcium 15% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to