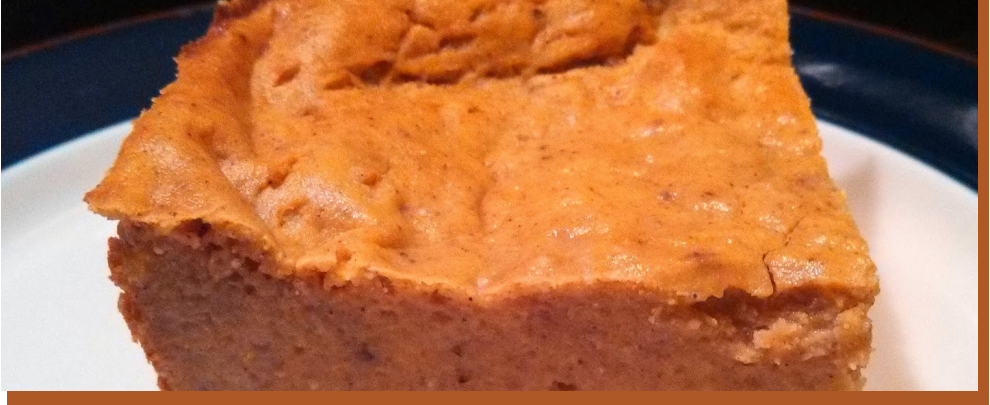


HEALTHY LIVING INITIATIVE

RECIPE OF THE MONTH



PUMPKIN CASSEROLE

INGREDIENTS

- | | |
|---------------------------|----------------------------|
| 2 Cups pumpkin puree | 1 Teaspoon vanilla extract |
| 1 Cup evaporated milk | 1/2 Cup butter |
| 1 Cup white sugar | 2 Pinches ground cinnamon |
| 1/2 Cup self-rising flour | |
| 2 Eggs | |

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Combine the pumpkin, evaporated milk, sugar, flour, eggs, vanilla, melted butter and ground cinnamon to taste. Spoon into a casserole dish.
3. Bake at 350 degrees F (175 degrees C) for 1 hour.

