Ask Dr. Z | Q and A on Health Topics that Matter with OSF-Healthcare

Dr. Andrew Zasada

From My Amish Kitchen: Delicious Fall Pumpkin Favorites

by DORIS VUDER

Pumpkin Pies

1 can (15 oz.) pumpkin puree
2 Tblsps. Pumpkin and Roasted Pep-

sink. 2 tsps. baking soda
1 tsp. salt
¼ tsp. ground allspice
¼ tsp. ground nutmeg
1¼ c. flavored sugar
1 c. grated carrots (about 3

½ c. packed brown sugar
½ c. vegetable oil
1 can (8 oz.) crushed pine-

½ c. light corn syrup
1½ tsp. cinnamon
½ tsp. nutmeg
1 tsp. ground ginger
1 tsp. ground cloves
1 tsp. salt
1 tsp. baking soda
2 tsp. baking powder
1 tsp. cinnamon
1 tsp. ground nutmeg
1 tsp. ground allspice
1 tsp. ground cloves
1½ tsp. ground ginger
1 c. sugar
1½ c. flour
1 c. nuts
1 tsp. baking powder
1 tsp. salt
1 tsp. ground nutmeg
1½ tsp. ground cloves
1½ tsp. ground allspice
1 tsp. ground ginger
1 c. sugar
1½ c. flour
1 c. nuts
1 tsp. baking powder
1 tsp. salt
1 tsp. ground nutmeg
1½ tsp. ground cloves
1½ tsp. ground allspice
1 tsp. ground ginger
1 c. sugar
1½ c. flour
1¼ c. cream cheese
½ c. sugar
2 c. flour
1 tsp. vanilla extract
1 c. butter
1½ c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. baking powder
1 tsp. salt
1 tsp. ground nutmeg
1 c. flour
½ c. sugar
1 tsp. baking soda
1 tsp. vanilla extract
1 c. butter
1½ c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. baking powder
1 tsp. salt
1 tsp. ground nutmeg
1 c. flour
¾ c. sugar
1 tsp. baking soda
1 tsp. baking powder
1 tsp. baking powder
1 tsp. salt
1 tsp. ground nutmeg
1 c. flour
¾ c. sugar
1 tsp. baking soda
1 tsp. baking powder
1 tsp. baking powder
1 tsp. salt
1 tsp. ground nutmeg

Cream Cheese Frosting: Garnish

1½ c. cream cheese
lei c. powdered sugar
1 tsp. vanilla extract
½ c. butter
1½ c. flour
1 tsp. baking soda
1 tsp. vanilla extract
1 c. butter
1½ c. flour
1 tsp. baking soda
1 tsp. vanilla extract

Easy English coat over all. Smooth. Return to pan and cool. Chop until heated through, stirring occasionally. Topped with Caramel Sauce.

Combine cream cheese, sugar, and coffee until smooth. Whisk in 1 cup milk and cream to cream cheese, coffee, and sugar until smooth. Whisk in 1 cup milk and

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.

For 30-35 minutes or until golden brown. Stirring. Bake in preheated 350-degree oven, 40 minutes. Cool completely on wire rack. Cut into slices.