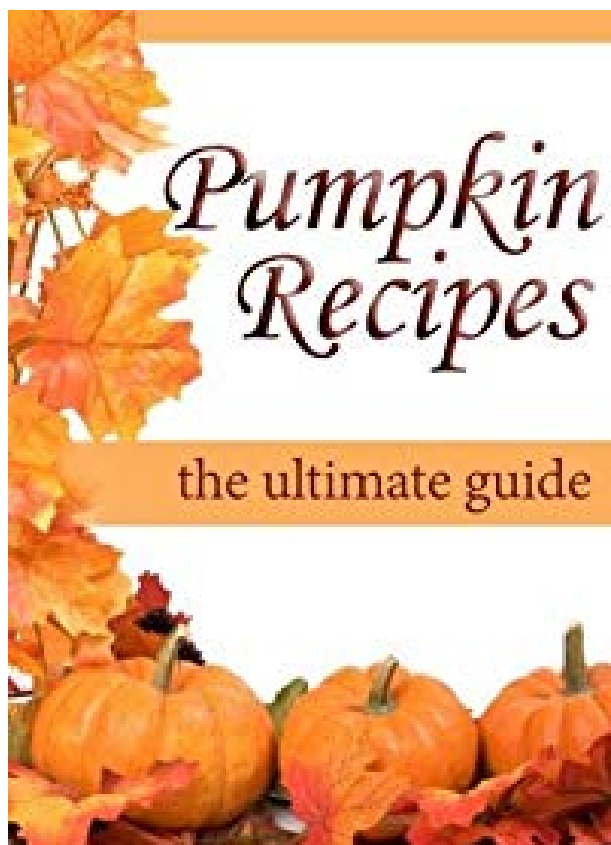


# Pumpkin Recipes: The Ultimate Recipe Guide - Over 30 Delicious & Best Selling Recipes



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The Ultimate Pumpkin Recipe Guide Adding pumpkin to your diet will help you have optimal health. Pumpkin contains the antioxidant beta-carotene, which helps protect you from heart disease and cancer. Eating this food also helps you slow some of the effects of aging. This healthy food is typically eaten at the holidays. However, eating pumpkin year round is good for your health. There are many easy ways to add pumpkin to your diet such as soups, chili, muffins, pancakes and breads. We have collected the most delicious and best selling recipes from around the world. Enjoy! Enjoy Delicious Pumpkin Recipes Today! Scroll Up & Grab Your Copy NOW!