Sub In
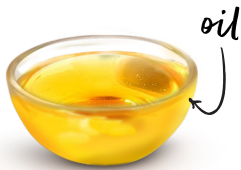
PUMPKIN
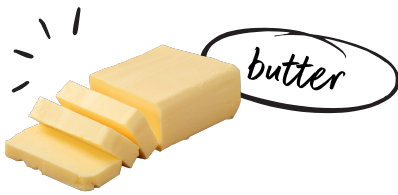
When pumpkin is in season, it's abundant and affordable.
Consider incorporating it into your menu as an ingredient substitute.

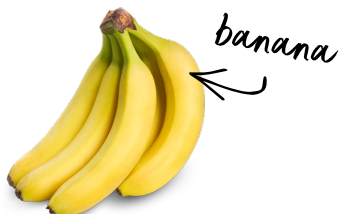*oil*

1 cup oil → 1 cup pumpkin puree

butter

1 cup butter → 1 cup pumpkin puree

eggs

1 egg → 1/4 cup pumpkin

banana

1 banana → 1/2 cup pumpkin