



Pepperoni Pizza

- 1 pound prepared whole-wheat pizza dough (see Tip), thawed if frozen
- 1 cup canned unseasoned pumpkin puree
- 1/2 cup canned no-salt tomato sauce
- 1/2 teaspoon garlic powder
- 1 cup shredded part-skim mozzarella
- 1/2 cup grated Parmesan cheese
- 2 ounces turkey pepperoni (1/2 cup)



1. Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Meanwhile, whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.
4. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

NUTRITION INFORMATION: Per serving: 280 calories; 6 g fat (3 g sat, 2 g mono); 30 mg cholesterol; 35 g carbohydrate; 16 g protein; 3 g fiber; 602 mg sodium; 153 mg potassium.



Baked Cinnamon Apples

This tasty treat is not nearly as messy as bobbing for apples or sticky caramel apples.

Ingredients:

- 8 tsp. unsalted butter, room temperature
- 2 tbs. raw, brown sugar
- 8 red apples, washed and cored
- 8 cinnamon sticks

Directions:

Preheat oven to 350°.

Beat the sugar and butter together in a small bowl, until the mixture is fluffy.

Put a teaspoonful of the butter sugar into the middle of each apple. Then, add a cinnamon stick to the center of each apple.

Place apples in a glass baking dish.

Bake for 25 minutes, until the apples soften. Serve warm.



Grab your kids, crank up the tunes, and dance.

Dancing is an excellent way to increase your heart beat and burn calories. Kids do not spend as much time outside during the winter because of limited daylight and weather, so they tend to have a bit more energy to burn off. So, use the radio or create your own music to get your juices flowing.

