



live healthy. eat healthy. be happy.

# Healthy Brown Bag newsletter

Healthy Brown Bag Fall Newsletter 09 [www.healthybrownbag.com](http://www.healthybrownbag.com) [healthybrownbag@verizon.net](mailto:healthybrownbag@verizon.net)



## roasted pumpkin seeds

Buy hulled and cleaned pumpkin seeds at a store that sells in bulk, like Fred Meyer. Pre-heat oven to 225 degrees. Toss 1 1/2 cups of seeds with 2 tsp. of olive oil.

Salt to taste, or use optional seasonings such as garlic salt, seasoning salt, black pepper, Parmesan cheese, cinnamon, nutmeg and ginger. Spread seeds on a foil lined baking sheet. Roast in oven approx. 1 hour, stirring occasionally. Keep refrigerated in a tightly sealed container. Option: Use your own harvested seeds.

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▼ TOTES, & GIFTS



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## take a PIZZA to lunch

- Start with whole grain flat bread or pita
- Add your favorite pizza or marinara sauce
- Make it "deluxe" by adding some:

roasted bell peppers    chopped spinach  
 chopped tomatoes    broccoli florets  
 artichoke hearts    grilled eggplant  
 olive oil    grilled onions  
 mushrooms    pumpkin seeds  
 thinly sliced zucchini

*skip the cheese*

Are there really foods that can make us more energetic, speed up our metabolism and allow us to eat more without adding more pounds? Yes, there really is! Add them to your shopping list.



read more about superfoods and their health benefits [click here](#)



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**Fall** is the perfect opportunity to take the soup pot out from the back of your cupboard. Not following a specific recipe lets your weekly soup making become an adventure in creativity. Your homemade soup can easily be placed into a container for heating up at lunch time, or put into a hot thermos ready to eat. If you've never made your own soup, here's an easy way to start.

Chop up an onion and sauté in olive oil right in your soup pot. Use a store bought chicken or vegetable stock as the base for your soup. Include your favorite seasonings. Add chopped fresh or frozen vegetables – celery, carrots, broccoli, roasted bell peppers, green beans, mushrooms, etc. Optional ingredients could include cooked chicken, brown rice, cannellini beans, canned or fresh chopped tomatoes, garlic, couscous, orzo, barley, or quinoa. Simmer until everything you added is cooked through. Cooked pasta can be added at the end. Store in the refrigerator or freeze. **Enjoy.**



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