Functional Foods
What makes them special and fun recipes on how to incorporate these foods into your holidays!

1. **Pumpkins**: help support eye health, bone growth, cell division and growth, and high in fiber.
   - Pumpkin Hummus with pita bread
2. **Apples**: help support cardiovascular health, urinary tract health, can lower risk of type 2 diabetes, and are full of antioxidants, vitamins, minerals, and fiber.
   - Easy Bake Apple and Cinnamon Chips
3. **Sweet Potatoes**: high in vitamins and antioxidants, have a low glycemic index, and contain anti-inflammatory properties.
   - Roasted Sweet Potato Cubes
4. **Nuts**: high in magnesium which can help lower blood pressure, can help regulate blood sugars, and contain omega-3 fatty acids which support healthy cardiovascular health.
   - Chili and Rosemary Roasted Nuts
5. **Mushrooms**: help support liver function, anti-carcinogenic, anti-inflammatory, high in vitamin D, and full of antioxidants.
   - Mushroom and Garlic Saute
6. **Cranberries**: helps support urinary tract function, very acidic making them antibacterial, anti-inflammatory, high in vitamins and antioxidants.
   - Low Carb, Sugar-Free, 4 Ingredient Cranberry Sauce
7. **Red Grapes**: contain resveratrol, a chemical shown to improve brain and cardiovascular function, and be anti-carcinogenic.
   - Frozen Red Grapes
8. **Garlic and Onions**: contain sulfur-based antioxidants that have anti-inflammatory and anti-carcinogenic effects.
   - Caramelized Garlic and Onion Jam
9. **Honey**: high in antioxidants and a wonderful alternative to sugar.
   - Peanut Butter and Honey Muffins
10. **Whole wheat grain products**: high in fiber which helps support a healthy digestive system, lower cholesterol and risk of cardiovascular disease.
    - Whole Wheat Banana Bread (can add chocolate chips or blueberries)
11. **Green Tea**: very high in catechins, a type of compound that have strong antioxidant properties.
    - Mandarin Ginger Green Tea Soother
12. **Dark Green Leafy Vegetables**: packed full of vitamins, minerals, and antioxidants to provide anti-carcinogenic and anti-inflammatory properties. Also, low in carbohydrates, sodium, and cholesterol.
    - Warm Autumn Vegetable Salad

Scroll over the recipe ideas and click to visit the link for each yummy dish!