PUMPKIN CHIA SEED PUDDING

The following recipe was created by Heinen's Chief Dietitian, Melanie Jatsek, RD,LD.
Photography was provided by Christina Musgrave from Tasing with Tina.



Prep time: 5 minutes; Servings: 4 servings

Made from a handful of natural ingredients, this morning meal is packed with pumpkin flavor, but there's nothing artificial about it! As a bonus, chia seeds are high in essential omega-3 fats and fiber, so this recipe is nutritionally dense and non-artificial.

Ingredients

FOR THE PUMPKIN CHIA SEED PUDDING

- 2 cups Heinen's unsweetened almond milk
- 1 cup Heinen's canned pumpkin
- 2-4 Tbsp. Heinen's pure organic maple syrup
- 2 Tbsp. Heinen's fresh ground almond butter
- 2 tsp. pumpkin pie spice
- 1/2 cup chia seeds

FOR THE OPTIONAL TOPPINGS

- Chopped apple
- Purely Elizabeth granola
- Let's Do Organic coconut flakes
- Heinen's walnuts
- Heinen's pecans
- Heinen's almonds
- Go Raw pumpkin seeds

Instructions

1. Combine the milk, pumpkin, maple syrup, almond butter and pumpkin pie spice in a medium-size bowl. Use a whisk to stir until smooth.
2. Add the chia seeds and mix again.
3. Let the mixture sit for 5 minutes, then stir again to break up any clumps.
4. Divide evenly between four Mason jars and secure with the lids.
5. Refrigerate for at least 3 hours or overnight.
6. Finish with your desired toppings and enjoy!

Nutrition Information
Serving size: 1 Mason jar; Calories: 230; Carbohydrates: 24 grams; Protein: 7 grams; Total fat: 13 grams; Saturated fat: 1 gram; Fiber: 11 grams; Added sugar: 7 grams; Sodium: 93 mg; Potassium: 328 mg; Calcium 195 mg

Note: Nutrition information is provided as an estimate only. It does not include toppings and is based on 2 tablespoons of Heinen's maple syrup.

CLUB Fx
By Heinen's

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Food for Health
Wellness Newsletter

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The Creatine Connection

MORE INSIDE:

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The Creatine Connection: Energy, Strength & Brain Health

I'm a pretty positive, glass-half-full type of person, but when it comes to supplements, I can be quite the skeptic. Part of this personality trait has to do with my formal training as a dietitian. "Food first" is what the curriculum taught.

I still believe, practice, and preach a food-first message today; however, the truth is that there are some things we can't get in sufficient quantities from food. A good example is creatine.

What is Creatine?

Creatine is a naturally occurring compound first extracted from beef muscle in 1832 by French chemist Michel-Eugène Chevreul. He named it creatine, derived from kreas, the Greek word for "meat."

Creatine helps produce ATP (adenosine triphosphate)—the body's primary energy source that powers movement, exercise, and daily living. About 95% of the body's creatine is stored in skeletal muscle, and the rest is found in the brain and other tissues.

It's helpful to think of creatine as the body's personal phone charger. When your cellular energy starts to run low, creatine helps quickly recharge it back to normal.

Creatine is a brilliant "adaptive" nutrient because it helps your cells acclimate to changing energy demands—think exercise, mental demands, stress, and aging.

Benefits of Creatine in Muscles

Creatine works by "topping off the tank" of creatine already present in your muscles. It can increase muscle creatine concentration by 20%, thereby improving exercise performance (especially high-intensity exercise), building strength and endurance, and improving exercise recovery.

Brain Benefits of Creatine

Creatine supplementation may support aspects of cognitive function, including memory, attention, and information processing. Emerging research suggests these effects may be more noticeable under conditions of sleep deprivation, mental fatigue,

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or other cognitive stress, when the brain's energy demands are increased.

Creatine also demonstrates potential as a neuroprotective agent in those suffering from concussions and is associated with cognitive improvements in the Alzheimer's population.

How Women Can Benefit from Creatine

Traditionally thought of as a workout supplement for men, research shows that creatine supplementation may offer benefits for females, particularly:

- Improved strength and exercise capacity
- Enhanced body composition and bone mineral density when combined with resistance training (particularly in post-menopausal women)
- Improved mood and cognition
- Support for reproductive health and cellular energy in reproductive tissues

Food Sources of Creatine

Since I'm a believer in food first, I investigated food sources of creatine that I could build into my meal plan. That's when I ran into a bit of a problem.

The good news is creatine is naturally occurring in muscles, which means it can be naturally obtained from animal sources like beef, pork, fish, and chicken.

Now for the challenging news.

The average person would have to eat 36 ounces of chicken each day to reach the standard creatine dose. Even if you love chicken, that amount is unrealistic and unhealthy.

That's where supplemental creatine comes in.

Creatine Supplements and Safety

Creatine has the power of history and extensive research on its side, with the very first creatine supplement dating back to 1847 and the first human supplement study happening in 1926.

More recently, a 2025 creatine supplement safety review of 680 studies and more than 13,000 human subjects showed creatine monohydrate to be safe, well-tolerated, and beneficial across the lifespan.

It's worth noting that 99% of research to date is on creatine monohydrate.

Creatine Supplements at Heinen's

Plant-based eaters can rejoice because supplemental creatine monohydrate is typically produced synthetically and does not need to be derived from animals. In fact, the following creatine monohydrate supplements in Heinen's Wellness Department are all free from animal products and therefore vegan-friendly.

- Heinen's Creatine Monohydrate
- Ascent Clean Creatine Monohydrate
- Sun Warrior Active Creatine Monohydrate

One scoop of each brand delivers 5 grams of creatine monohydrate in an easily dissolvable form.





How to Take Creatine Supplements

For maximum absorption, it's best to combine creatine monohydrate powder with carbohydrate-rich foods. Try mixing in oatmeal or yogurt or blending in smoothies!

You may also want to consider taking creatine after your workout, as exercise seems to enhance muscle creatine uptake. More importantly, though, is taking creatine consistently each day.

Key Takeaway

Think of creatine as your body's cellular "recharge button." From powering muscles to supporting your brain, creatine helps meet the body's changing energy demands—and supplementation can help fill a gap that food alone may not easily provide.

**Check with your healthcare provider before starting any new supplements.*



Mel's **New Product** *Picks*









Kettle & Fire Reduced Sodium Bone Broths

Great for sipping as-is or as a base for fall soups, stews, and casseroles, Kettle & Fire's non-GMO verified reduced sodium bone broths have 50% less sodium than the original and are made with only the finest ingredients!

Their reduced sodium classic beef bone broth has 370 mg of sodium per 16.9-ounce container and is made from 100% grass-fed and grass-finished beef bones (the best of the best!) that have been slow- simmered for over 20 hours to extract the most nutrition. The same is true for their USDA organic reduced sodium classic chicken bone broth—slow-simmered and even less sodium (320 mg of sodium per 16.9-ounce container).

Both varieties can be found next to the other shelf-stable broths in the Grocery department.

Wonder Beet Juices

As natural compounds in soil, nitrates are absorbed into certain vegetables, like beets. When you eat these foods, your body converts the nitrates into nitric oxide, a natural molecule that promotes relaxed blood vessels and increased blood flow, oxygen, and nutrients throughout the body.

Wonder Beet is a USDA Organic, cold-pressed beet juice that can be enjoyed straight from the bottle or gently warmed with a splash of apple cider for a cozy fall cocktail that's actually good for you! The beet + lemon + ginger variety works best here.

Wonder Beet juices are available in the refrigerated beverage cooler in these heart-healthy varieties: beet + lemon + ginger, beet + cherry, beet + berry, and beet + veggie.

Folkland Organic Potato Tots

Take yourself back to grade school days and indulge in this classic comfort food, without the long list of unpronounceable ingredients found in other tater tots.

Staying true to their mission, Folkland keeps their ingredient list real, organic, and tot-like: potatoes, olive oil, potato flakes, Himalayan sea salt, black pepper, onion powder, garlic powder, apple cider vinegar, and apple juice concentrate.

Pick up a bag of Folkland Organic Potato Tots in Heinen's Frozen Department and enjoy them dipped in Heinen's Organic Tomato Ketchup.

Cal-Organic Rainbow Radishes

Radishes are root vegetables belonging to the cruciferous family, making them rich in glucosinolates— sulfur compounds that offer cellular protection and anti-cancer properties.

All radishes have bragging rights, including Heinen's new Cal-Organic Rainbow Radishes. They couldn't be easier to incorporate into your meals! Enjoy sliced on a salad, in your Magic Veggie Jar, or roasted—yes, roasted! If you're not a fan of the peppery flavor common to radishes, roasting transforms them into a sweet and tender substitute for more starchy veggies.

You can find Cal-Organic Rainbow Radishes in Heinen's Produce Department.