



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Homemade Pumpkin Puree MAKES 5-6 cups

CATEGORY Baking PREP TIME 10 min COOK TIME 50 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 4-6lb sugar pumpkin

DIRECTIONS

1. Preheat oven to 400F. Line a baking sheet with parchment paper and set aside.
2. Cut your pumpkin into two equal halves from stem to bottom, however do not try to cut through the stem, instead leave the stem in place and pull the two halves apart from the base breaking the pumpkin away from the stem.
3. Scoop out the seeds and stringy bits.
4. Place the two halves cut side down on the parchment lined baking sheet and bake 45-60 min. or until the outer skin can easily be pierced with a knife and the flesh is pulling away from the skin.
5. Let cool until it can be safely handled.
6. Scoop warm flesh into a food processor and process until very smooth, about 3-5 minutes.

STORAGE

Puree can be kept in the refrigerator for up to 1 week or in the freezer for several months.

TIP : When freezing, individually package puree in 1 cup increments so you can thaw only whats needed.

MY NOTES
