

Pureed Pumpkin

Makes 28oz



Ingredients

- sugar pie pumpkins

Directions

- ☞ Heat oven to 375°F
- ☞ Cut 'Sugar Pie' pumpkin in half.
- ☞ Discard stem and stringy pulp.
- ☞ Optional: Save the seeds to dry and roast
- ☞ In a shallow baking dish, place the two halves face down and cover with foil.
- ☞ Bake for approx. 1 1/2 hours for a medium-sized pumpkin (4-5 lbs.) or until tender
- ☞ Repeat steps 1-4 until batter is all used up
- ☞ To serve, fill with filling of choice, roll in a tube or fold in quarters.
- ☞ Once cooled, scoop out the flesh
- ☞ Purée flesh with a blender or mash by hand.
- ☞ Use this Puree for custards or soups, press the pumpkin purée through a sieve for a silky smooth texture.



Nutrients (approximately)

240 Calories per 24oz,
Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg,
Carbohydrates 50g, Fiber 30g, Sugars 24g, Protein 12g

Share this recipe with a friend!

Pureed Pumpkin

Makes 28oz



Ingredients

- sugar pie pumpkins

Directions

- ☞ Heat oven to 375°F
- ☞ Cut 'Sugar Pie' pumpkin in half.
- ☞ Discard stem and stringy pulp.
- ☞ Optional: Save the seeds to dry and roast
- ☞ In a shallow baking dish, place the two halves face down and cover with foil.
- ☞ Bake for approx. 1 1/2 hours for a medium-sized pumpkin (4-5 lbs.) or until tender
- ☞ Repeat steps 1-4 until batter is all used up
- ☞ To serve, fill with filling of choice, roll in a tube or fold in quarters.
- ☞ Once cooled, scoop out the flesh
- ☞ Purée flesh with a blender or mash by hand.
- ☞ Use this Puree for custards or soups, press the pumpkin purée through a sieve for a silky smooth texture.



Nutrients (approximately)

240 Calories per 24oz,
Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg,
Carbohydrates 50g, Fiber 30g, Sugars 24g, Protein 12g