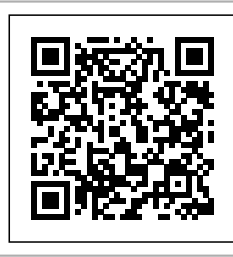


Pumpkin Puree



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Video!



Recipe by: Laura Vitale

Makes a couple cups

Prep Time: minutes

Cook Time: minutes

Ingredients

__1 3lb Sugar Pumpkin, halved and cleaned
(seeds and fibers removed)

1) Preheat your oven to 400 degrees.

2) Place the pumpkin cut side down, on a non stick baking sheet that has been lined with parchment paper and bake it for about an hour or until its fully cooked through.

3) The easiest way to know when its ready, stick a sharp knife in the center and if it comes in and out without any resistance its done!

4) Let it sit for a few minutes or until its cooled enough to handle, remove the skin and puree it in a food processor.

