

# Roasted Pumpkin Puree

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 small pumpkin\*
- 1/4 cup water

## Instructions:

1. Preheat oven to 350 F (180 C). Cut hole in the top of the pumpkin, around the stem. This will make it easier to handle the pumpkin and cut it into chunks.
2. Clean out the pumpkin guts and seeds with a spoon by scraping the sides down.
3. Place chunks of pumpkin, flesh side up on a baking sheet. Bake for 50-60 minutes until fork tender.
4. Remove from oven and let cool 10 minutes. Scrape out pumpkin flesh and put into a high powder blender. Add water and blend until a very thick puree. I use the word puree loosely. Check out my photo and you'll see it's not overly wet.
5. Freeze in an airtight container for future use, or use right away!

## Notes:

This pumpkin puree is meant for my pumpkin pie or pumpkin cake. \*The pumpkin should be small and they are usually labeled "Pie pumpkin".