



PUMPKIN PUREE



GF



NF



SF



RSF



OF

ReShape.

PUMPKIN PUREE



about 800 g

5 min
(+ 50-60 min bake)

easy

Ingredients

1300g (1 medium sized) pumpkin like Hokkaido

Instructions

1. Preheat the oven to 200°C/392°F (conventional settings).
2. Clean the pumpkin and cut it in half.
3. Remove the seeds*.
4. Place in the oven (the open side facing up) and bake for about 50-60 minutes until the flesh of the pumpkin is soft and can be easily pierced with the fork. Take it out of the oven and set aside to cool down.
5. If you are using pumpkin with softer skin, like Hokkaido, just cut into smaller pieces and blend with the skin. If you are using pumpkin with a harder shell, scoop the flesh into a food processor or blender and blend until smooth.

Notes & Tips

1. Store in the fridge in an airtight container for up to a week or for 3-4 months in the freezer.
2. If you want to speed up the baking time, cube the pumpkin (like Hokkaido) or peel and then cube the hard-skinned ones. Baking the pumpkin in smaller pieces should reduce the baking time in half.
3. *Do not waste the seeds! Clean them well and roast in the oven with some oil and spices, and enjoy as a snack!
4. For blending you can use a [high-speed blender](#), [immersion blender](#), or food processor.