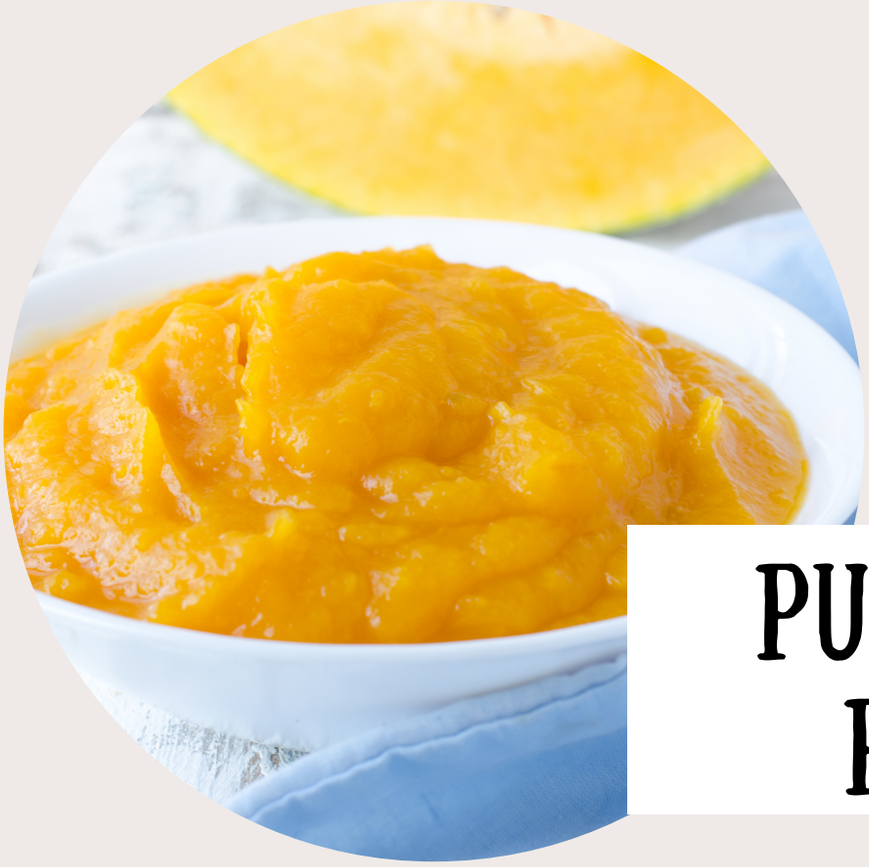

PUMPKIN PUREE

INGREDIENTS

1 Whole Pumpkin
Coconut Oil or Olive Oil

Baking Sheet
Silicone baking mat or parchment paper
Immersion Blender

DIRECTIONS

1. Preheat Oven to 350°.
2. Slice pumpkin in half or fourths, remove seeds and pumpkin insides.
3. Drizzle with choice of oil and place skin up in the oven.
4. Roast for 30-40 minutes until tender.
5. Let it cool and scrape soft pumpkin insides into a bowl or pot and blend with an immersion blender.
6. Store in the fridge in an airtight container for up to 1 week.

NOTES

Use in baking recipes or soup.