



Bake a Pumpkin

Baking a pumpkin requires a bit of work...but the pumpkin puree is so worth it! We recommend using either blue (Jarrahdale variety) or white (Lumina) variety for cooking and baking. These varieties are sweeter, less stringy, and have more meat than the traditional orange carving pumpkins.

1. Preheat oven to 375 degrees F (190 degrees C)
2. Cut the pumpkin in half or in quarters (depending on its size) and remove all seeds, pulp and fibers
3. Place the pumpkin quarters face up, with the skin of the pumpkin on a baking sheet. Add 2-3 Tablespoons of water to the baking sheet. Cover with aluminum foil
4. Cook in preheated oven for approximately 1 hour and 15 minutes, or until meat is soft. Remove from oven and let cool
5. Scoop the meat from the skin of the pumpkin. Use a blender or food processor to puree the meat until it is a smooth consistency
6. If you have leftover pumpkin puree, you can freeze it for up to 9 months

Pumpkin is healthy for you! It is a good source of
Vitamin C • Beta Carotene • Zinc • Iron • Fiber