

# Roasted Pumpkin Puree

## Ingredients

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3 lb Sugar Pumpkin

## Instructions

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- 1.Preheat the oven to 350 degrees and grab sugar pumpkin. (you can roast more than one pumpkin at once)
- 2.Slice the pumpkin in half. With a sharp-edged spoon, scoop out the seeds and guts. Make sure you clean and save the seeds for roasting.
- 3.Place face down on baking sheet lined with parchment paper.
- 4.Roast for about 45-50 minutes. The exact time will vary depending on the size of the pumpkin(s) and you may need more time. The skin will be slightly darker and you should be able to poke a fork quite easily through.
- 5.Let the pumpkin cool for 10 minutes before handling. Grab a large spoon and peel away the very thin skin. It comes off almost effortlessly.

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6. Place the pumpkin flesh into the blender or use a hand blender and blend until super smooth. Let it go for a good minute or two, you don't want any clumps left.