

# Pumpkin Purée

Printed from Pumpkin Recipes at <http://www.pumpkinrecipes.org.uk/>

*This is a simple way to prepare pumpkin purée that you can then freeze and use as needed in recipes that call for purée - muffins, cakes, pumpkin tarts, bread etc. You can spice the pumpkin purée but it's probably best to leave it plain - you can then add flavour when you use it in the desired recipe.*

## **Ingredients:**

1 pumpkin

## **Directions:**

1. Preheat the oven to 160C.
2. Cut the pumpkin in half through the stem to the base.
3. Remove the seeds and the pulp using a spoon, then cover each open half of the pumpkin with foil.
4. Bake in the oven for one hour or until tender.
5. Scoop out the flesh using a spoon and then puree in a food processor.
6. Leave to cool and then store in the freezer until ready to use.

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