



Pumpkin Puree

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine l'Angélique

PREPARATION: **20 MINUTES**

COOKING: **1 HEURE**

INGREDIENTS

- 1 pumpkin

PREPARATION

1. Wash the pumpkin well, then cut it in half and remove all the seeds and filaments. (Keep the seeds for the [maple spiced pumpkin seed recipe](#))
2. Place each half of the pumpkin in a roasting pan, peel up.
3. Cover the bottom of the roasting pan with water and place on the centre rack of the preheated oven at 180 °C (350 °F).
4. The pumpkin will be ready when the flesh is tender (the cooking time may vary depending on the size of the pumpkin).
5. Remove from oven and place pumpkin halves on a baking sheet.
6. Remove the flesh with a spoon and puree it in a blender, adding just a little water, if necessary.
7. Freeze in airtight containers. *



Homemade pumpkin puree is much tastier than store-bought. In the fall, take advantage of this beautiful and colourful season to stock up on it!

TIP

*Freeze the amount required for the desired recipes.

HEALTH TIP

We often neglect pumpkin on our menu...and yet, we make beautiful Halloween decorations! Know that pumpkin is very nutritious, rich in antioxidants, including beta-carotene which helps give this beautiful orange color. Pumpkin seeds, on the other hand, are a source of iron, magnesium, copper and zinc. In addition, they contain phytosterols, known for their cardiovascular health benefits.