

pureed PUMPKIN

baby food recipe



Tools

Blender, oven, baking dish, baking paper, vegetable brush, strainer, storage trays, zip-lock bags

Ingredients

One pumpkin (should weigh at least a pound) plus other ingredients (read our blog for more details)

Method

Scrub pumpkin with veggie brush, rinse and dry. If already peeled and cut, rinse in a strainer. Cut pumpkin in half and take out seeds with a spoon, then cut into chunks and place in a baking dish lined with baking paper. Bake till it's tender in an oven preheated to 400F for 45 minutes. Remove the flesh from the skin of baked chunks. Blend with some water.

Storage

Keep refrigerated in storage trays placed inside zip-lock bags.