

# Uptown Pumpkin

For Babies 6 Months & Up ★ Yields 40 Tablespoons

## INGREDIENTS:

- ★ 1 small cooking pumpkin (or acorn squash), peeled, seeds removed, and diced
- ★ 1 medium banana
- ★ 1 pinch pumpkin pie spice
- ★ Water from steaming



Recipe is from Rockabye Baby!  
Lullaby Renditions of Bruno Mars

## DIRECTIONS:

- Place diced pumpkin in a pan with a steamer basket. Add enough water so that it just comes to the bottom of the steamer basket. Steam until very tender; about 15 minutes.
- Transfer to a blender or food processor. Add banana and pumpkin pie spice. Purée until smooth. Thin with water from steaming, if necessary, to desired consistency. Set aside to cool. Divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag for storage.

[www.rockabyebabymusic.com](http://www.rockabyebabymusic.com)

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