

## \*How to Make Fresh Pumpkin Puree:



Preheat the oven to 350°F.

1. Wash hands thoroughly with soap and water.
2. Gently rub pumpkin under cold running water.
3. Using a sharp knife, slice the stem off and then slice the pumpkin in half widthwise.
4. Using a spoon, scoop out the seeds and remove any excess stringy flesh of pumpkin. Next, you can clean the seeds and roast them for homemade pumpkin seeds.
5. Lightly rub the inside of the pumpkin flesh with olive oil and place the flesh side down on a baking sheet lined with parchment paper.
6. Place in the oven and roast for roughly 45 minutes until you can easily pierce the flesh with a fork.
7. Remove from the oven and let cool for 10 minutes. Scoop out the flesh with a spoon as it should easily separate from the thin skin.
8. Place the cooked pumpkin flesh in a blender or food processor and blend until creamy and smooth. Depending on the power of your blender, this may take up to two minutes.
9. Puree can be refrigerated in a tightly sealed container up to 3 days or stored in the freezer up to 6 months.
10. The pureed pulp cannot be safely canned.

## Fresh Pita Chips:

### Instructions

1. Wash hands thoroughly with soap and water.  
Preheat the oven to 375 degrees F.
2. Cut pita into bite-sized triangles. Lightly coat with extra-virgin olive oil.
3. Arrange in an even layer on a baking sheet.
4. Bake for 8 - 12 minutes or until lightly browned.
5. Remove from the oven and let cool slightly before serving.

