

Pumpkin / Squash Puree

For 1 pound of fresh squash or pumpkin you will get about 1 cup of puree



Ingredients

pumpkin or squash

Directions:

1. Cut the pumpkin or squash in half and scoop out all seeds and stringy pulp.
2. Place cut side down in a baking dish, or in your instant pressure cooker.
3. Add 1 cup of water to the baking dish or to your instant pressure cooker.
4. Bake for 1 hour at 350°F in the oven; or 10 minutes at high pressure with a natural release in your instant pressure cooker.
5. Make sure the pumpkin is tender before removing it from the oven or instant pot.
6. Remove the pumpkin skin.
7. Blend the flesh in a blender until most of the chunks are gone.
8. Spread evenly on a parchment lined tray, making sure not to exceed your weight limit per tray.
9. Pre-freeze when possible
10. Freeze dry (my cycle time was ~40 hours)
11. Powder the puree. This can be done with a blender or by placing it in a storage bag and rolling with a rolling pin.
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add about 1 cup of water to about ½ cup of freeze dried pumpkin powder to get about 1 cup of reconstituted pumpkin puree (This may vary based on type of pumpkin freeze dried)

Notes:

Pumpkin purée is low in calories and high in fiber, making it great for digestion. It's also rich in Vitamin A and antioxidants, which support vision and immune health.

Nutritional Value Per 1 cup

Calories: 83 Protein: 3 g Fat: 1 g Carbohydrates: 20 g Sugar: 8 g Fiber: 7 g