

Pumpkin Mash

Ingredients

- 1 pumpkin
cut in half & gutted

Directions

1. Preheat the oven to 400F
2. Put the pumpkin in a baking pan, cut sides down, with just enough water to cover the bottom.
3. Bake for 45 minutes.
4. Allow to cool slightly. Scoop out the pumpkin from the skin.
5. Puree in a food processor or blender, adding breast milk or water as needed to achieve the desired consistency.

