



Roasted Pumpkin Puree with Ground Neeshjizhii

Servings: 6

Prep: 10 min

Cook: 75 min

Ingredients

1 mini pumpkin, about 5 lbs
1 tablespoon oil
2 cups water
½ cup ground neeshjizhii
1-2 tbsp breastmilk or formula
milk (optional)

Directions

1. Preheat oven to 400°F and line a baking sheet with aluminum foil for easier clean-up.
2. Cut the pumpkin in half, going from the stem to the opposite end. Remove the seeds with a spoon and discard. Rub oil evenly over the flesh and skin. Place the cut side down on a baking sheet.
3. Roast the pumpkin for 45 - 60 mins or until fork-tender. Cooking time will depend on size of pumpkin. Remove from oven and let cool. Once it is cool, gently scoop out the flesh and discard skin.
4. While the pumpkin is roasting, make the ground neeshjizhii mush by bringing 1 cup water to a boil in a small pot. Mix the other 1 cup with ½ cup of ground neeshjizhii in a separate bowl. Pour the ground neeshjizhii mixture into the boiling water. Whisk frequently until thickened. Turn off heat.
5. To make the puree, place pumpkin in a blender or food processor and blend until smooth. If you don't have a blender, place it in a bowl and mash with a potato masher until smooth.
6. To make the baby food, combine 1 cup of mashed roasted pumpkin, prepared ground neeshjizhii mush and breast or formula milk in a mixing bowl. Mix well until smooth. Serve to baby or allow baby to serve self.
7. Can be stored in the fridge up to 3-5 days or frozen up to 6 months.

Utensils needed: Baking sheet, aluminum foil, knife, cutting board, blender or food processor, mixing bowl, potato masher, liquid measuring cup, dry measuring cup, small pot, whisk

Nutrition information for 1 serving: 150cal, 1g total fat, 5g protein, 10mg sodium, 3g fiber, 34g carbohydrate, 11g added sugar, 0g trans fat