

Keto Pumpkin Puree

Description

This puree is delicious and creamy.

Prep time: Twenty minutes

Total time: One-two hours

Servings: 20

Ingredients

1 large squash (3.5 lb. /56.4 oz)

Instructions

1. First, preheat the oven to about 300 degrees F, then slice the squash in half. Place the squash halves on a lined baking tray. Place the baking tray in the oven and bake until soft, about one and half hour.
2. When cooked, remove from the oven, and set aside to cool down. Scoop out the seeds and the spoon the pumpkin meat into a bowl. Transfer the squash onto a cheese cloth and press out the excess liquid. Do this for the rest of the squash.
3. Transfer the squash into a blender bowl and blend until use. Can be stored in the freezer for longer use.