

Pumpkin smoothie

Use your pumpkin flesh for a spooktacular smoothie!

For one serving blend together:

- ½ ripe banana
- ¼ tsp all spice and ¼ tsp cinnamon
- A glug of honey
- ½ cup pumpkin puree
- Splash of orange juice*



To make the puree:

- Cover pumpkin flesh with water
- Boil for 10 mins (or until soft)
- Drain well
- Blend or mash into a puree

*Substitute the orange juice with milk for a creamier taste.

Pumpkin soup

Pop your pumpkin in a pot and make a wickedly good soup!

Ingredients

- 1 onion - finely diced
- 1 stick of celery - chopped
- 1 large pumpkin – peeled and chopped
- 1 large clove of garlic - crushed
- 1 thumb of ginger – peeled and grated
- 1l of vegetable stock

Method

- Sauté onion, celery and garlic for 5 mins
- Add stock, pumpkin and ginger
- Boil for 20 mins
- Blend
- Finish with a grating of nutmeg