

Homemade Pumpkin Puree

Turn a fresh pie pumpkin into smooth, delicious purée for pies, soups, breads, and more. It's easier than you think!

Ingredients

- 1 pie pumpkin

Instructions

1. Preheat oven to 325°F.
2. Slice the pumpkin in half from stem to base. Scoop out the seeds and stringy pulp (save the seeds if you'd like to roast them later!).
3. Place the halves cut-side up on a rimmed baking sheet. If needed, trim a thin slice off the bottom of each half so they sit flat without tipping.
4. Cover with aluminum foil and bake for about 60 minutes, or until the flesh is fork-tender.
5. Remove from the oven, let cool slightly, then scrape the soft pumpkin flesh into a food processor.
6. Blend until smooth, straining if needed to remove any stringy bits.
 - If it's too thick, add a splash of water.
 - If it's watery, let it drain in a fine mesh strainer.



Tips

- Use this purée in pies, muffins, breads, or even stirred into oatmeal.
- One medium pie pumpkin makes about 2 cups of purée.

Nutrition (per batch, approx.)

Calories: 176 • Carbs: 44g • Protein: 6g • Fiber: 3g • Sugar: 18g • Vitamin A: 57890 IU • Vitamin C: 61.2mg • Calcium: 143mg • Iron: 5.4mg

💡 Tried this recipe? We'd love to hear how you used it!



Pumpkin Pie Filling vs Puree

Puree is different than pumpkin pie filling. Filling is fresh puree laced with pumpkin pie spice. It still needs the addition of sugar and egg to achieve the right consistency.

To make filling, combine 2 cups of puree with a 12-ounce can of condensed milk, 2 eggs, 1 cup of brown or white sugar and 2 teaspoons of pumpkin pie spice.