

# Homemade Pumpkin Purée

Hands-on 20 minutes Overall 2 hours

**Nutritional values (per serving, 2 tbsp/ 30 ml):** Total carbs: 3.2 g, Fiber: 0.2 g,

**Net carbs: 2.9 g,** Protein: 0.5 g, Fat: 0 g, Calories: 13 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients per recipe (makes about 1 kg/ 2.2 lb/ 35.2 oz)

1 large or 3 medium winter or summer squashes ( 1.6 kg / 3.5 lb /  
56.4 oz)

## Instructions

1. Preheat the oven to 150 °C/ 300 °F (fan assisted), or 170 °C/ 340 °F (conventional). Cut the squash in half.
2. Place the halves face down on a baking tray lined with parchment paper. Transfer into the oven and slowly bake for 1-1.5 hour until soft. Using a fork, pierce the skin to make sure it's cooked.
3. Remove from the oven and let the squash cool down. Using a spoon, remove the seeds.
4. Scoop the pumpkin meat out into a bowl.
5. Place some of the squash onto a cheesecloth and squeeze the excess juices out.
6. Repeat for the remaining squash.
7. Don't throw the juice away - you can use it for smoothies, soups, meat stews, etc.
8. Place the squash into a bowl and blend until smooth.
9. Store in a glass jar for immediate use (up to one week) and the remaining in freezer-friendly containers you can keep in the freezer.

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