

ROASTED PUMPKIN SWEET POTATO WITH CINNAMON & NUTMEG

INGREDIENTS

(Makes 15 oz.)

1 sweet potato
1/2 small pumpkin (sugar pie
or baby bear variety is best!)
2 cinnamon sticks
Pinch of grated nutmeg
1/2 c. of water

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Remove the seeds, pulp, and strings of the pumpkin. Cut off the stem.
3. Cut the pumpkin into wedges.
4. Slice the sweet potato into slices.
5. Place the potato slices, pumpkin wedges, cinnamon sticks into the baking pan.
6. Add a pinch of grated nutmeg.
5. Add 1/2 c. of water into the pan.
6. Cover the pan with foil.
7. Place into the oven and roast for 45 min.
8. Scoop the pumpkin and remove the skin from the potato.
9. Place into babycook or blender to puree. If needed, add a little water and blend again until silky smooth.