

Pumpkin Pie

** Make sure you have help and permission from an adult before you start cooking or baking**

Ingredients:

1 Pumpkin
Cinnamon
Cloves
Ginger
Salt
Eggs
Evaporated Milk



Directions:

- Prepare to cook the pumpkin: wash the outside in cool or warm water, no soap. Cut the pumpkin in half.
- Scoop out the seeds and scrape the insides. Be sure to remove all of the stringy insides. Note: The seeds can be used to plant pumpkins next year, or roasted to eat this year!
- Cook the pumpkin until soft - you can microwave it (on high, in 15 min increments), steam on the stove top (8-12 mins), pressure cook it (10 mins), or bake in the oven (350 F for 45 mins to an hour)
- Scoop out the cooked pumpkin using a spoon, gently lift and scoop the cooked pumpkin out of the skin. Should separate easily.
- Puree the pumpkin using a blender.
- Mix the pie contents: For 3 cups of cooked pumpkin:
 - 1.5 teaspoon ground cinnamon
 - 1 teaspoon ground cloves
 - 1 teaspoon ground allspice
 - one half teaspoon ground ginger
 - one half teaspoon salt (optional)
 - 4 large eggs
 - 3 cups pumpkin puree
 - 1.5 cans (12oz each) of evaporated milkMix well using a hand blender or mixer.
- Pour into pie crust: fill it up to about one quarter to one half inch from the top.
- Bake the pie Bake at 425 F (210 C) for the first 15 minutes, then turn the temperature down to 350 F (175C) and bake another 45 to 60 minutes, until a clean knife inserted into the center comes out clean.