

Baked-Pumpkin (Gluten Free)

****Be sure to have an adult help – do not cook or bake by yourself****

Ingredients:

A ripe pumpkin
Cinnamon
Sugar or Sweetener

Directions:

- Preheat oven to 400 degrees F
- Split your pumpkin vertically in half - from the stem at the top, to the center point at the bottom.
- Scoop out all the seeds and loose fibers in the middle of each pumpkin half
- In an oven-safe pan or casserole dish: place 1/2" of warm tap water.
- Place pumpkin halves with the middle facing down in pan (inverted)
- Bake for 35-40 minutes - a fork or knife should easily slide through the pumpkin when it is ready
- Remove from oven.
- Carefully use a spoon to scrape the fleshy inside of the pumpkin away from the, and serve.
- Sprinkle with cinnamon or sugar, brown sugar or sweetener.