



## Recipes

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### Pumpkin Mixture

Serves 1

#### Ingredients:

10 oz. Frozen Butternut Squash , cubed

4 oz. Water

8 oz. Pumpkins , pure, plain

.5 oz. Salt

#### Directions:

1. To make the Pumpkin mixture: cook the frozen pieces of butternut squash with the water for 10 minutes until smooth, mix in pumpkin pure and salt and mix until fully incorporated. Set aside.