

## Pumpkin Ginger Smoothies

### **Pumpkin Juice:**

The scrapings from the inside of a pumpkin/orange squash  
boiling water

### **Smoothie:**

1 c. milk, soy milk or yogurt  
1/3 c. pumpkin juice  
1-3 T sugar or agave nectar  
1 T. grated fresh ginger  
a few pinch of cinnamon or pumpkin pie spice mix  
nutmeg

### **Yield:**

1 servings

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### **Scrape pumpkin**

Bring a kettle of water to a boil. Scrape the seeds and stringy fibers out of the inside of your pumpkin. Place scrapings (including seeds) in a heat-resistant bowl.

### **Soak scrapings**

Pour boiling water over your pumpkin scrapings-- use just enough water to cover them. Let sit for 5 minutes. Using a fork, whisk the mixture to break up the pumpkin flesh. Strain through a mesh strainer. If there seems like there is still a lot of pumpkin flesh mixed in with the seeds, you can repeat the soaking and whisking once more.

### **Freeze**

Pour pumpkin juice into an ice cube tray and freeze. After it has frozen solid, you can remove the cubes into a freezer-safe plastic bag. Stored this way, they will keep indefinitely.

### **Blend**

Place milk, frozen pumpkin juice (1/3 c. is about 3 ice cubes), ginger and honey in a blender. Blend and adjust the sweetness to taste\*. For a breakfast, I like to use yogurt and just a little honey to sweeten. For dessert, I add some more spices and top the whole thing with whipped cream and freshly grated nutmeg.

\*Hint: start out with less sugar-- you can always add more to taste later.