

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

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.