

SUP!



Chippewa Tribe



Baked Pumpkin



INGREDIENTS

1 small pumpkin (4-6 pounds)

1/4 cup apple cider

1/4 cup maple syrup

1/4 cup melted butter



STEPS

Step 1 Bake whole pumpkin on a baking sheet for about 2 hours at 350° F, or until soft enough to cut open.

Step 2 Let pumpkin cool for a few minutes then cut it in half.

Step 3 Scoop out the seeds and set aside to roast for a snack later! Then, scoop the pumpkin's pulp into a baking/casserole dish.

Step 6 Mix together apple cider, maple syrup and melted butter in a bowl and pour over the pumpkin pulp.

Step 7 Bake again at 350° F for 35 minutes.