

Delicata Pumpkin Florets

by

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INGREDIENTS FOR FILLING

1. 1 delicata squash (Available at Trader Joe's)
2. 1 egg*, whisked
3. 1/4 teaspoon of [lemon juice](#) (instead of ¼ t. of [vanilla](#))
4. 3 Tablespoons of [coconut milk](#)
5. ¼ cup [organic pumpkin](#)
6. 1/4 cup of [almond flour](#)*
7. 1/4 teaspoon of [aluminum free-baking powder](#)
8. 1/2 teaspoon of [organic cinnamon powder](#)
9. 1/8 teaspoon [nutmeg](#)
10. 1 pinch of [ginger](#)
11. 1/4 teaspoon of [salt](#)

INSTRUCTIONS FOR DELICATA SQUASH

1. Preheat oven to 350°
2. Wash and dry delicata squash and lay on cutting board. Cut off stem and end and then slice the squash into 1/4-1/2 inch slices. (You'll have about 10 pieces).
3. Take each slice and hollow out the seeds and fibers from the center of each slice of the squash.
4. Put a piece of parchment paper on a 3/4 sheet pan and place the hollowed-out florets on the pan so that they are well-spaced for roasting. Spray a little coconut oil or olive oil on each of the squash slices. Sprinkle a little sea salt on the oil.
5. Put in oven for about 15 minutes. (You just want to soften the rings a little, not to cook them through at this point).

Delicata Pumpkin Florets (Continued)

INSTRUCTIONS FOR PUMPKIN FILLING (This is the same recipe as the “Pumpkin Pie in a Mug”, without the sweetener. This is baked in the oven, though, while the pumpkin pie in a mug is made using the microwave.)

1. While squash are getting slightly tender in the oven, using a whisk or fork, mix ingredients 2-11 above together in a mug or liquid measuring cup just until mixed. Don't over-mix or it will create too much volume for the next step.
2. If the squash is slightly tender, remove the 3/4 sheet pan from oven and place on hot pad in work space.
3. Take liquid pumpkin mixture and pour just enough of the liquid into the hole in the middle of each floret to almost fill it. You may have end pieces that are more like shallow cups than holes like the rest. Just put as much in those pieces as you can without the liquid running over.
4. Put the sheet pan back in the oven for another 15 minutes. To check for doneness of the pumpkin center, use a toothpick to see if it comes out clean. If it does and your squash floret is fork tender, remove from oven and serve. Since the center filling of these is essentially a “pumpkin pie”, you may want to refrigerate so you can have your pumpkin pie cold rather than warm. These also freeze very well so you can use them at a different time.

***NOTE:** You may not be able to tolerate **almonds and/or eggs** if you have an autoimmune disorder, depending on where you are in your healing. If you are rotating these foods back into your diet, go slowly and see how you feel. If you are traveling, this is very easy to “carry along” with your other foods you've prepared ahead of time. Simply make up “mixes” of all of your dry ingredients in a zip-lock bag. Mix wet ingredients. Pour the liquid into a zip-lock bag and lay flat on a half sheet pan in the freezer until frozen. When packing the cooler, take egg mixture from freezer and use as part of your ice pack to keep things cold until your hotel arrival. Place in refrigerator until you are ready to use as a protein-packed quick meal or snack. Pour both the liquid and dry ingredients into a ceramic mug, stir just until mixed through and put into the microwave for 2 minutes. This method makes for a delicious and nutritious “pumpkin pie” in a mug while you are on the road.