

# Creamy Pumpkin Mash

GF | DF | NF



This pumpkin mash is so delicious, I often eat it on it's own.

By steaming the garlic with the pumpkin, the flavour infuses together making for a delicious sweet pumpkin mash that can be teamed with pretty much anything.

Blending the pumpkin with coconut oil gives it a smooth, creamy finish as well as boosting the healthy fat content to keep you fuller for longer.

Serves 2

500 gram pumpkin, peeled and cubed (4cm)

2 garlic cloves, peeled

2 tbsp. coconut oil

sea salt

Steam the pumpkin and garlic for 20 minutes, until soft.

Place the pumpkin and garlic in a blender, add the oil and blend until smooth.

Season with salt.

Drizzle fresh herbs to serve.