

Good Food Oxford's PUMPKIN BROWNIES

- 400g pumpkin flesh
- 150g dark chocolate chips
- 200g coconut oil
- 4 eggs
- 200g caster sugar
- 50g cocoa
- 150g plain flour
- 1tsp baking powder
- 100g ground almonds
- Zest of 2 oranges *
- 2 tsp ground cinnamon*
- *optional

Dice the pumpkin flesh, put in a roasting tray with 100ml water, cover with tin foil and put in the oven at 150°C until soft (around 30 minutes). Turn the oven up to 180°C and line a rectangular tin (approx. 20cm x 30cm) with baking parchment. Melt the coconut oil in a pan, take off the heat and add the chocolate chips. Leave to melt.

Measure all remaining ingredients (except the eggs) in a separate bowl.

Put 350g of the pumpkin flesh in a food processor (or mash thoroughly), add the chocolate mixture and the eggs, blitz (or mix thoroughly). Add the remaining ingredients and blitz (or mix) again.

Put mixture into a lined baking tin, decorate with any remaining pumpkin flesh (we also added some desiccated coconut and cocoa nibs) and cook for 15-20 minutes, until almost firm.

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Angel's PUMPKIN KETCHUP

- 5 cups pumpkin cut into 1/2-inch (1-cm) cubes
- Pinch of salt to taste
- 2 cups onion, chopped
- 1 red bell pepper, diced
- 1/4 tablespoon turmeric
- 1/4 teaspoon allspice
- 1 cup white vinegar
- 1 cup sugar
- 1/4 cup water

In a heavy saucepan, combine the diced pumpkin and the remaining ingredients. Bring to a boil. Simmer uncovered over medium heat for 30 to 40 minutes, stirring occasionally.

Pour into hot sterilized jars. Sterilize the ketchup-filled jars in boiling water for 15 minutes to ensure long storage at room temperature. You can also freeze the ketchup without sterilization.

Yields about 3 jars.

Recipe by Angel Bayley.

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