

Hogwarts Pumpkin Juice

Ingredients:

- 1/2 medium sized sweet pumpkin
- 12 apples (approximately 4 cups of apple juice)
- 2 cups of water
- 1 tsp of cinnamon powder
- 1/2 tsp of nutmeg



Directions:

1. Make a pumpkin puree from the pumpkin:
 - Peel the skin.
 - Cut the pumpkin into average parts.
 - Put everything in a pot.
 - Add the water (it should cover the pumpkin).
 - Boil the water and wait for the pumpkin to be ready for making a mash.
 - Make a mash.
 - To attain a smooth puree texture pass it through a strainer.
2. Add 2 cups of water to the puree, mix and wait for the mixture to be cold.
3. Juice apples in a juicer to make 4 cups of apple juice.
4. Add apple juice to the pumpkin puree.
5. Add cinnamon powder and nutmeg.

Nutrition Facts

Serving Size (616g)
Servings Per Container 8

Amount Per Serving

Calories 220 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 56g **19%**

Dietary Fiber 8g **32%**

Sugars 36g

Protein 4g

Vitamin A 490% • Vitamin C 60%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Cornell University
Cooperative Extension
of Delaware County

Yields about 8 servings. Source: Cornell Cooperative Extension of Delaware County.

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ON THE



WILD SIDE



SIDNEY FARM TO TABLE PROGRAM
NOVEMBER 2016 RECIPE