

Very Healthy and Fresh Pumpkin Juice Recipe

Published Date

Wed 1st September 2021

Prep Time

20 mins

Cook Time

20 mins

Total Time

40 mins

Serves

4

Ingredients

- 250 ml [Water](#)
- 250 ml [Apple Juice](#) or [Cider](#)
- 250 ml [Peach Nectar](#)
- 225 g [Pumpkin Puree](#) - Fresh
- 50 g [Brown Sugar](#)
- 1-2 [Cinnamon Sticks](#) - whole
- 2 [Cloves](#) - whole
- 3 [Allspice Berries](#) - whole
- 7 g [Ginger](#) - thinly sliced
- 1/8 Teaspoon [Nutmeg ground](#)
- [Whipped Cream](#) Topping - Optional

Pumpkin Puree

- 1/2 Lb Pumpkin or Butternut Squash

Instructions

Pumpkin Puree - Roasted

1. Preheat the oven on 400 F and place a rack on the middle shelf
2. Remove the seeds from the pumpkin and place if skin side down onto a [baking tray](#) or dish

3. Bake the pumpkin for 15-20 minutes or until it is fork tender, then remove from the oven,
4. Scoop out the roasted pumpkin and set aside to cool and add to the drink later

Pumpkin Puree - Steamed

1. Remove the peel and seeds from the pumpkin and cut into large chunks
2. Using a [large pot](#) add water to create a 3-4 inch waterline.
3. Place a [steaming basket](#) in the pot and then add the pumpkin chunks.
4. Bring the water to a simmer, cover the pot and steam the pumpkin for 15-20 minutes or until the pumpkin is fork tender.
5. Remove the cooked pumpkin from the pot, place in a bowl and let cool until ready to add to the drink later

Pumpkin Drink

1. Using a 3 quart [saucepan](#) bring the water, Cinnamon sticks, Cloves, Allspice Berries, Ginger and nutmeg to a boil for 10-15 minutes.
2. Remove from the heat, cover and allow to steep until cool.
3. Once the spice water mixture is cool, strain out the spices and add it to a blender with the Apple juice, Peach nectar, Pumpkin Pure and sugar then mix to liquify.
4. Taste for sweetness and add more water if you prefer a thinner consistency.
5. Serve chilled, with ice or warm with a little dollop of whipped cream on top and enjoy.

<https://classicbakes.com/recipes/very-healthy-and-fresh-pumpkin-juice-recipe>