

BAKED STUFFED PUMPKIN



Ingredients

5 small pumpkins, washed
1 can Solid Packed Pumpkin
1 jar natural no sugar added applesauce
1 tsp vanilla extract
1 tsp ground cinnamon
Artificial Sweetener if desired

Directions

Wash and steam whole pumpkins. Remove from water and let cool. Slice off the tops "jack-o-lantern" style. Scoop out seeds and discard. In a bowl combine canned pumpkin with other ingredients and mix well. Spoon into pumpkin shells. Replace the lids and bake in oven' heated to 400 degrees for approximately 20 minutes or until the filling is hot.