

Pumpkin Spread

Ingredients:

- 200 g pumpkin puree
- 100 g whole fat curd cheese
- parsley tops
- 1 smaller red onion
- 1 soup spoon of honey
- 3 soup spoons of chopped roasted pumpkin seeds
- 2 garlic cloves
- salt, black pepper



Directions:

Clean, hollow out, cook until soft, and blend the pumpkin into smooth puree. Add curd cheese, parsley tops, red onion, honey, pressed garlic, salt, pepper, chopped roasted pumpkin seeds and mix thoroughly.