

Ingredients

1. Stir all ingredients together in 4-cup glass measure.
 2. Cover with plastic wrap, leaving one corner open for vent. Microwave on HIGH power until thick, 3-5 minutes.
 3. Let cool to room temperature, then store covered in refrigerator.
 4. Great on toast or waffles!
- 1 cup Canned or fresh pumpkin - puree
1/2 cup Applesauce/stewed apple
2 tbsp Honey
1 tsp Grated lemon zest
1/4 tsp Mixed spice

other

'What's Cooking!' Recipe Card**MICROWAVE PUMPKIN SPREAD****Food Fact:-**

Pumpkin meat is very high in carotenoids which gives it its orange colour. These vitamins help to protect cells from damage and may help prevent the formation of cataracts and reduce the risk of macular degeneration.

Preparation time 5 mins**Cooking time** 5 mins

Makes 1-1/2 cups.