



SPICED PUMPKIN AND YOGHURT SPREAD



QimiQ BENEFITS

- Quick and easy preparation
- Creamy indulgent taste with less fat
- Enhances the natural taste of added ingredients



10



easy

INGREDIENTS FOR 10 PORTIONS

500 g QimiQ Classic, unchilled

400 g Pumpkin

Salt and pepper

80 ml Olive oil

100 g Natural yoghurt

2 pinch(es) Cinnamon

2 pinch(es) Chilli spice

2 pinch(es) Ground nutmeg, ground

1 Lemon(s), juice only

METHOD

1. Peel the pumpkin and cut into cubes. Marinate with the salt, pepper and olive oil and place in an ovenproof dish. Cover and stew in the oven at 160°C until tender. Blend the mixture and allow to cool.
2. Whisk the unchilled QimiQ Classic smoothie. Add the yogurt, pumpkin puree, spices and lemon juice and mix well. Season to taste.