

Pumpkin Leather

4 cups raw pumpkin puree
2 Tablespoons ground flax seeds
½ cup water
6 Tablespoons agave or honey
1 tsp cinnamon, ½ tsp cloves, ¼ tsp nutmeg

Mix the ground flax seeds in the water and let sit for 30 minutes. Blend raw peeled pumpkin. Add enough water if necessary to blend until smooth. Mix all ingredients together and spread on solid dehydrator tray. Dehydrated at 105 degrees Fahrenheit until dry.

Recipe by Jo Francks

