

# Honey Roasted Pumpkin

Portion Size: ½ cup

Yield: 15

## Ingredients:

Fresh Pumpkin, cubed	1 ½ pounds
Canola Oil	1 Tbsp
Honey	½ Tbsp
Brown Sugar	1 Tbsp

## Preparation:

1. Mix oil, honey and sugar together and toss with diced pumpkin.
2. Roast pumpkin in a 375°F oven for 25-30 minutes in oven or until pumpkin is cooked through and lightly caramelized.

Note: small "pie" pumpkins are perfect for roasting

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
100	1	18	2.5	6	3	0	180



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