



هاسلباك اليقطين بالبندق والعسل Hasselback Pumpkin

60 دقيقة • 4 أشخاص

هاسلباك اليقطين بالبندق والعسل هي وصفة رائعة لوجبة خفيفة أو وجبة رئيسية. تتميز بطعم حلو ولذيذ مع لمسة من الحامض من البندق. يمكنك أيضًا إضافة العسل للحصول على طعم حلو إضافي. هذه الوصفة مناسبة لجميع الأعمار وتعد خيارًا صحيًا وجذابًا.



الوقت الإجمالي
60 دقيقة

الوقت الإجمالي
10 دقائق

الوقت الإجمالي
50 دقيقة

الوقت الإجمالي
4-2

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Ingredients

- 1 cup butternut squash
- 10-12 cups water
- 250gms pure honey
- 2 cups pure honey
- 1 cup water
- 1 cup water
- 1 cup water
- 65gms pure honey
- 1 cup water

Method

1. Preheat oven to 180 degrees Celsius.
2. Cut butternut squash into 1cm cubes. Place in a large roasting tray. Add water, honey, and salt. Roast for 3-5 hours until soft.
3. Blend the mixture in a blender until smooth.
4. Strain the mixture through a fine mesh sieve into a bowl. Add water and honey. Stir well.

Used in this recipe



Capilano Pure

Capilano Pure Honey is a natural, unprocessed honey. It is made from a blend of Australian honey. Capilano Pure Honey is a natural, unprocessed honey. It is made from a blend of Australian honey.

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