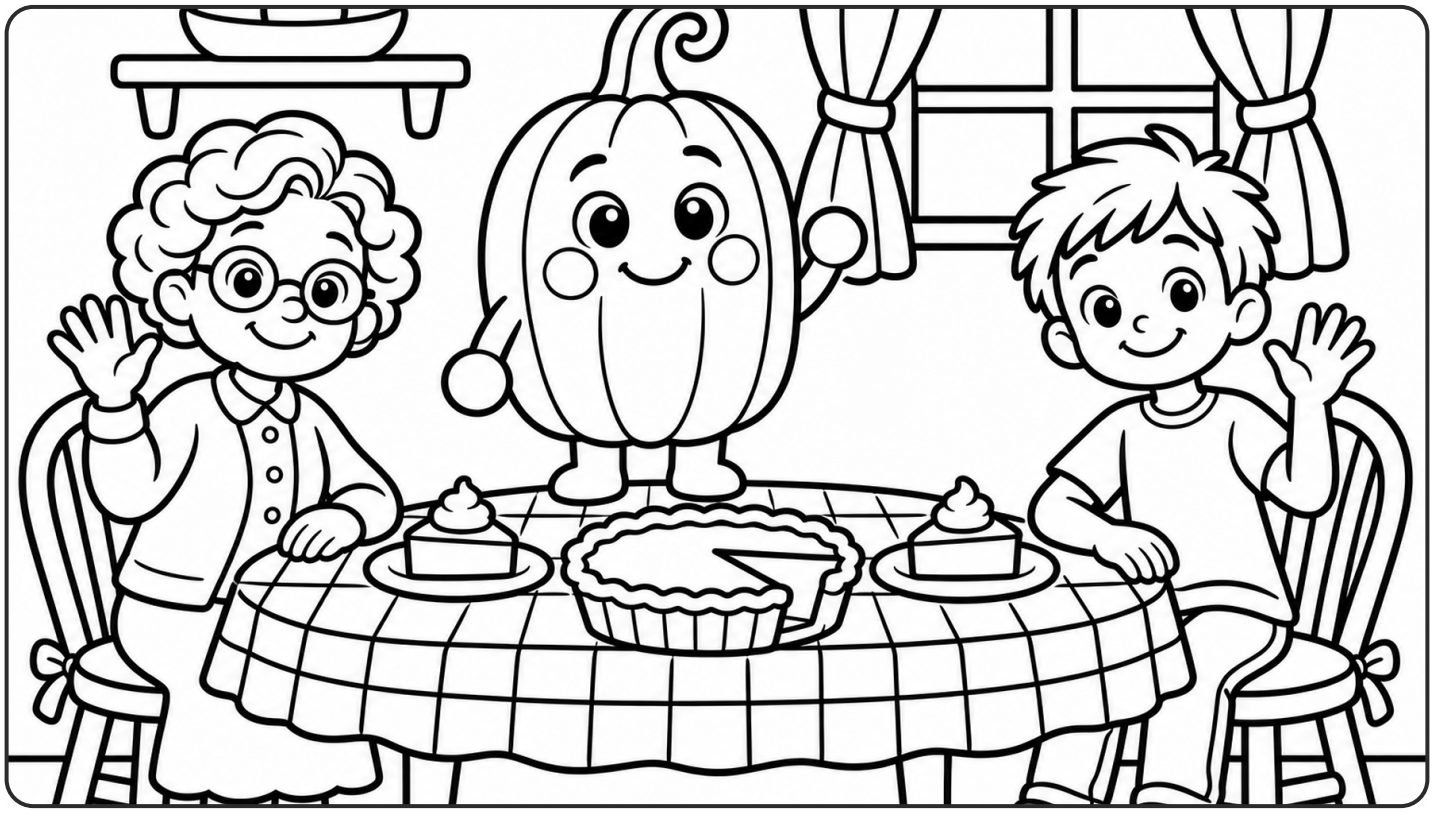
What is pumpkin pie made of?

Mmm, pie! What is pumpkin pie made of?



Why?

1. **Most canned pumpkin comes from a tan pumpkin.**
   Round orange pumpkins are great for carving. But most canned pumpkin comes from pumpkins that are tan on the outside, tall and blocky, and orange inside. They look like a big squash!
2. **Cook it, mash it, mix it.**
   The pumpkin is cooked until it's soft. Then it's mashed into a smooth orange paste, called pumpkin puree. Pumpkin puree, eggs, milk, sugar and spices all go into one big bowl. Stir, stir, stir!
3. **In the oven, the eggs do something amazing.**
   Eggs have tiny parts called proteins, curled up like little balls. The heat makes them uncurl and link together into a soft net. The runny filling turns soft and firm. That's called a custard!

Try it! Watch an egg set

You need: an egg, a grown-up and a pan

1. Ask a grown-up to cook an egg.
2. Watch it change from runny to firm.

What happened? That's the same trick that sets a pumpkin pie!

Video + more questions:
whywhywhykids.com/pumpkinpie

scan with a grown-up