

# [How to Dehydrate Canned Pumpkin & Make Pumpkin Powder](#)



For more info, visit the blog post: <https://www.thepurposefulpantry.com/dehydrate-canned-pumpkin/>

## **How to Dehydrate Canned Pumpkin**

1. Clean off can tops and open
2. Spread one can per dehydrating sheet if possible. Use a silicone spatula or offset spatula to help.
3. Dry at 125F for 10-14 hours (I go past the point of leather to completely dry and cracked for better powdering after.)
4. Break bark into pieces
5. Store in an airtight container - preferably vacuum sealed

## **How to Powder Pumpkin**

1. Place pumpkin chips into your blender or grinder
2. Pulse until done
3. Strain powder into clean storage jar
4. Repeat until all is powdered.

**Pumpkin Conversion:** 1 Can = 1 1/3 Cup chips = 1/4 C Powder

**How to Rehydrate Pumpkin:** 1/4 C pumpkin powder + 2 C of boiling water gives you the consistency of canned pumpkin

Notes:

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