

# Butternut Squash Puree

**Yield: 9 servings**

## Ingredients

1 large butternut squash  
½ cup milk (almond, cow's,  
soy, etc)

## Instructions

1. Heat oven to 400 degrees.
2. Line a baking sheet with parchment paper.
3. Cut the butternut squash in half lengthwise and remove the seeds.
4. Place the squash cut side up on baking sheet.
5. Bake the squash for 30-40 minutes or until fork tender.
6. Once squash has cooled, remove the skin and place the flesh into a food processor or blender.
7. Blend with milk until smooth.

## Nutrition Information

**Serving Size:** ½ cup  
Calories: 55  
Total Fat: 0.2 g  
Saturated Fat: 0 g  
Monounsaturated Fat: 0 g  
Polyunsaturated Fat: 0.1 g  
Sodium: 13.5 mg  
Total Carbohydrate: 14 g  
Dietary Fiber: 4 g  
Sugars: 2.5 g  
Protein: 1.4 g

Source: Health meets Food



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