

Squash Puree

Ingredients:

Squash puree is easy and versatile, can be used in smoothies, As a side dish, used with rice or lentils.

- 5-6 sweet potatoes
- 1-2 acorn or butternut squash
- Can unsweetened pumpkin puree
- A cut of unsweetened applesauce
- Chia seeds, pumpkin pie spice, ginger



Instructions

1. Cut the squash in half, scoop out seeds, drizzle with olive oil, and put on cinnamon and ginger and some salt.
2. Put the squash facing up and sweet potatoes on a baking dish and cook at 400 degrees until soft, about 45 minutes
3. Scoop out the inside of the squash and potatoes. Add other ingredients. Blend until smooth.