

WHIPPED BUTTERNUT SQUASH

If you are lamenting sweet potatoes on your weight loss plan - try replacing your craving with roasted butternut squash. It is a very versatile vegetable with a delicious sweet and hearty flavor that can be boiled, pan-fried, roasted, or added to soups, chilis or stews. However, simply roasting it and whipping it with butter, cream and spices is just heavenly. You'll want to make plenty for leftovers. *One serving of this recipe equals one cup cooked vegetable and 1 serving of fat per meal.*





INGREDIENTS

- 1 Large butternut squash, halved and seeded (can also cut into 6 large chunks for faster cooking time)
- 3-4 tablespoons Kerry Gold butter
- Organic heavy cream, to your desired smoothness
- Pink Himalayan sea salt and freshly-ground pepper, to taste
- Ground cinnamon, to taste, or to sprinkle on top
- Optional: you can also add 1/2 tsp (or more to taste) of pure maple extract, or 2-3 Tbsp of Lakanto (Monkfruit) Maple Syrup for added flavor



INSTRUCTIONS

Preheat oven to 400°F. Line a baking pan with aluminum foil or parchment paper. Brush the squash with avocado oil and sprinkle with salt and pepper. Roast for 40-60 minutes or until tender when tested with a knife. Cooking time will vary based on the size of your squash cuts.

Holding with a potholder, scoop the flesh out of the skin into a mixing bowl, add butter and salt and whip with a hand mixer or food processor. Add cream, a little at a time, while mixing until desired consistency. You can also add the cinnamon into the mixture or maple extract/Lakanto maple syrup and mix well.