

# WHIPPED BUTTERNUT SQUASH

By Dr. Cindy Tanzar

There are so many things you can do with butternut squash, but whipping it with butter, cream and spices is just heavenly.  
Makes 4-6 servings.



## INGREDIENTS

- 1 Large butternut squash, halved and seeded
- 3-4 tablespoons butter
- Heavy cream
- Pink Himalayan salt and fresh ground pepper, to taste
- Ground cinnamon, to taste or to sprinkle on top

## INSTRUCTIONS

1. Preheat oven to 400°F. Place squash cut side down on an aluminum foil lined baking sheet and roast for 30-40 minutes or until tender when tested with a knife.
2. Holding with a pot holder, scoop out the flesh 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 add cinnamon to taste into the mixture, or reserve it to sprinkle on top of the dish in a serving bowl.