



## Butternut Squash Puree

This butternut squash puree recipe can be used as baby food, as a base for soups and/or sauces, or a side dish.

### U.S.

1 1/2 lb (about 1 medium sized)	Butternut Squash
1/2 cup	Water

### Metric

680 g
118 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. To prepare the butternut squash, begin by cutting both ends off of the squash. Next, peel the squash with a vegetable peeler. Cut the squash in half length wise and use a spoon to scoop out the seeds. Once the seeds are scooped out you can dice the squash. Aim for 1 inch sized pieces or smaller so they cook more quickly.
3. Fill a medium-large pot with water and bring to a boil. Once boiling, add the squash and cook for 10 minutes or until very tender.
4. Strain the squash and add to a blender. Add 1/2 cup of water and blend on high speed until smooth. If the mixture is too thick or not blending, add 1/4 cup of water at a time until desired consistency is reached.

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## Nutrition Facts

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6 Servings

**Serving size**            **1/2 cup**

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**Amount per serving**

**Calories**                    **40**

**Total Fat**                    0 g

    Saturated Fat            0 g

    Trans Fat                 0 g

    Monounsaturated Fat    0 g

**Cholesterol**                0 mg

**Sodium**                      0 mg

**Total Carbohydrate**      10 g

    Dietary Fiber            2 g

    Total Sugars            2 g

        Includes 0 g Added Sugars

**Protein**                      <1 g

Vitamin D                    0 %

Calcium                      3 %

Iron                          3 %

Potassium                  300 mg

Phosphorus                 30 mg

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