



## 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  
1 tsp  
1/2 cup

Butternut Squash, cut in half lengthwise,  
seeds removed  
Olive Oil  
Water

### Metric

680 g  
5 mL  
118 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Set oven to 400°F (200°C).
3. Line a baking sheet with foil. Spray the foil with cooking spray. Place the two halves onto the baking sheet and drizzle with oil.
4. Check the squash after about 30 minutes. The squash should be fork tender. Remove from the oven and allow to cool until it can be handled.
5. Once the squash has cooled, remove the skin and place the flesh into a food processor or blender.
6. Blend with milk until smooth. Serve.

## Nutrition Facts

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6 Servings

**Serving size** 1/2 cup

**Amount per serving**

**Calories** 60

Calories from Fat 10

**Total Fat** 1 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 1 g

**Cholesterol** 0 mg

**Sodium** 5 mg

**Total Carbohydrate** 13 g

Dietary Fiber 2 g

Total Sugars 2 g

Includes 0 g Added Sugars

**Protein** 1 g

Vitamin D 0 %

Calcium 6 %

Iron 4 %

Potassium 399 mg

Phosphorus 37 mg