



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

Butternut Squash, cut in half lengthwise, seeds removed

1 tsp

Olive Oil

1/2 cup

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

6 Servings

Serving size 1/2 cup

Amount per serving

Calories 60

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
