



## Sweet Squash Pie

| <u>U.S.</u> |                                       | <u>Metric</u> |
|-------------|---------------------------------------|---------------|
| 1/2 each    | Butternut Squash, sliced horizontally | 1/2 each      |
| 2 tsp       | Olive Oil                             | 2.5 ml        |
| 1 1/2 Tbsp  | Butter, Unsalted, melted              | 21.2 g        |
| 1 1/2 Tbsp  | Yogurt, Greek, Plain                  | 21.3 g        |
| 2 1/2 Tbsp  | Whole Wheat Flour                     | 17.7 g        |
| 1/4 cup     | Honey                                 | 85 g          |
| 1/4 cup     | Applesauce                            | 56.7 g        |
| 1 tsp       | Cinnamon, ground                      | 4.7 g         |
| 1/4 tsp     | Nutmeg, ground                        | 1.2 g         |
| 1 each      | 9-in. (22 cm) Pie Shell, defrosted    | 1 each        |

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Place the squash on a baking sheet face up and drizzle with olive oil. Roast 25 minutes until flesh is fork-tender.
4. Remove from oven and let cool for 10 minutes. Turn down oven to 350°F (180°C).
5. Once removed from oven and cooled, scoop out flesh from the skin with a spoon and place in blender with all the ingredients except the pie shell.
6. Once fully blended together, pour into pie shell and bake for 45-60 minutes or until pie is set.
7. Let cool before serving.

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### Nutrition Facts

|                     |                |
|---------------------|----------------|
| <b>Serving size</b> | <b>1 slice</b> |
| <b>Servings</b>     | <b>8</b>       |
| <b>Calories</b>     | 200            |
| Calories from Fat   | 80             |
| Total Fat           | 9 g            |
| Saturated Fat       | 4 g            |
| Trans Fat           | 0 g            |
| Monounsaturated Fat | 0.3 g          |
| Cholesterol         | 24 mg          |
| Sodium              | 115 mg         |
| Carbohydrates       | 28 g           |
| Dietary Fiber       | 1.5 g          |
| Sugars              | 12 g           |
| Protein             | 3 g            |
| Vitamin A           | 474 %          |
| Calcium             | 3 %            |
| Vitamin C           | 15 %           |
| Iron                | 4 %            |
| Phosphorus          | 0 mg           |

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