

BUTTERNUT SQUASH

Ingredients

1 butternut squash

Cooled or warm boiled water

Method

- Preheat oven to 350 degrees
- Cut a butternut squash in half, scoop out seeds & discard them
- Place both sides of squash, face down on a parchment-lined cookie sheet
- Bake in oven until fork-tender (approx 45-60 minutes)
- Remove from oven & allow to cool slightly
- Scoop out pulp & place in food processor
- Process until the consistency is that of a smooth puree, adding as much boiled water as necessary to achieve desired consistency