

# SASHA'S BUTTERNUT SQUASH FLUFF

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## Yield

about 3 cups, six 1/2-cup servings

## Ingredients

2 c cooked & mashed butternut squash	1 tsp ground cinnamon
½ c unsweetened applesauce	1 tsp orange zest (fresh), finely chopped
6 fl oz skim milk	½ fl oz orange juice, freshly squeezed
2 Tbsp granulated sugar	1 - 2 fl oz cold water (as needed)
1 tsp ground cardamom	

## Procedure

1. In a blender, combine squash, applesauce, milk and sugar. Blend until smooth and sugar is completely dissolved. Scrape down the sides frequently, to make a smooth puree.
2. Sprinkle in the cardamom, cinnamon and orange zest. Blend until smooth and evenly mixed.
3. Add orange juice and 1 oz cold water, blending until smooth and fluffy. Scrape sides as needed to make a smooth, evenly blended puree.
4. Spoon into serving dishes, cover with plastic wrap, and refrigerate until service

\*\*Delicious served cold, garnished with your choice of Greek yogurt, chopped nuts, pure maple syrup, or fresh berries.

## Allergen Alert

Contains dairy.

## Did you know?

Butternut squash is a variety of winter squash that was created in the 1940s by Charles Leggett who crossed 'Gooseneck' and 'Hubbard' squashes.