

Butternut squash and carrot mash

Ingredients

1 butternut squash
¾ cup water
½ cup cashew
1 Tbsp coconut oil
12 tsp cumin
½ tsp salt
1 cup carrots, chopped

Directions

1. Preheat the oven to 400C
2. Slice the ends of the butternut squash off and cut the squash down the center
3. Scoop out seeds
4. Place the squash, flesh side down, into a dish filled with about 1 inch of water
5. Place in oven and bake for about 45minutes to 1 hour
6. While baking chop carrots and combine all other ingredients into a high speed blender or if you are like me, a magic bullet and blend until smooth
7. When your squash has finished baking the flesh should be very soft and easy to scoop out
8. Add squash to blender and blend again until smooth and creamy
9. Once blended put mash away for later or heat in a pot over low-medium heat until it reaches the desired temperature