



# BUTTERNUT PUDDING

## MAKES 6 SERVINGS

### Ingredients:

- 1 butternut squash
- 3 Tbsp honey
- ½ Tbsp cinnamon
- ½-1 Tbsp pumpkin pie spice
- 2 tsp vanilla
- 3 c vanilla almond milk

### Directions:

Preheat the oven to 350 degrees. Place butternut squash on a baking sheet and cook in the oven until tender, approximately 45 minutes. Remove squash from the oven and allow it to cool. Cut the squash in half lengthwise and scoop out the seeds. Remove the peel. Place squash in a blender and add about 1½ c of the vanilla almond milk to start and blend. Continue adding the remaining half of vanilla almond milk to achieve the desired consistency. Blend in cinnamon, pumpkin pie spice, and vanilla. Adjust spices to achieve your taste preference. Use less spice at first since you can always add more per your taste.

Serve warm or chilled in a bowl. Consistency will be like pudding. For variety, top with Greek yogurt or raw apple slices.