

SNACKS & DESSERTS

Butternut Pudding

Makes 6 servings · about ½ cup each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 90	

Ingredients

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

Directions

1. Preheat the oven to 350°F. Roast the squash on a baking sheet about 45 minutes, until tender; cool, seed, and remove the peel.
2. Blend the squash with about 1½ cups of the almond milk, adding more to reach a pudding consistency.
3. Blend in the honey, cinnamon, pumpkin pie spice, and vanilla; adjust spices to taste.
4. Serve warm or chilled.

Note: For variety, top with Greek yogurt or raw apple slices.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Butternut Pudding

Makes 6 servings · about ½ cup each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 butternut squash

CHECK YOUR PANTRY

- ☐ Honey
- ☐ Cinnamon
- ☐ Pumpkin pie spice
- ☐ Vanilla extract