

BREAKFAST

Easy Butternut Breakfast

Makes 1 serving

SATIETY SCORE	NUTRITION
3 / 5	HIGH
Per serving (approx.): Protein 4 g · Fiber 7 g · Calories 230	

Ingredients

- 1 cup butternut squash, cooked and cubed
- 1 Tbsp pure maple syrup
- 2 Tbsp walnuts or pecans, chopped

Directions

1. Preheat the oven to 350°F. Roast the butternut squash on a baking sheet until tender, about 45 minutes; let cool, then remove skin and cube.
2. Place the warm squash cubes in a small bowl.
3. Top with the maple syrup and nuts.

Note: Store any unused squash in an airtight container in the fridge.

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

GROCERY LIST

Easy Butternut Breakfast

Makes 1 serving

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

PRODUCE

- ☐ 1 medium butternut squash (about 4 cups cubed)

PANTRY & DRY GOODS

- ☐ 2 Tbsp walnuts or pecans

CHECK YOUR PANTRY

- ☐ Pure maple syrup