

DRINKS

Chai-Spiced Winter Squash Puree

2 September 2025

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.75	172 kcal

Chai-Spiced Winter Squash Puree is a beverage that serves 6. For 75 cents per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. One serving contains 179 calories, 3g of protein, and 5g of fat. It can be enjoyed any time, but it is especially good for Winter.

Ingredients

☐ ¼ teaspoon freshly ground black pepper	☐ 1 tablespoon brown sugar
☐ 10 cup (1-inch) cubed peeled butternut squash (about 3 3/4 pounds)	☐ 1 Dash ground cloves
☐ 0.1 teaspoon ground cardamom	☐ ¼ teaspoon ground cinnamon
☐ 0.1 teaspoon ground cumin	☐ 0.1 teaspoon ground ginger
☐ 2 tablespoons olive oil	☐ 1 large onion, cut into 1-inch pieces
☐ 1 Dash white pepper	☐ ½ teaspoon salt
☐ 2 large shallots, peeled and quartered	☐ ¼ cup water

EQUIPMENT Food processor, Bowl, Frying pan, Oven, Aluminum foil

Method

- 1 Preheat oven to 37
- 2 Combine first 12 ingredients in a large bowl, tossing well to coat.

- 3 Place squash mixture on a foil-lined jelly-roll pan.
- 4 Bake at 375 for 50 minutes or until tender.
- 5 Place squash mixture, 1/4 cup water, and brown sugar in a food processor; process until smooth.
- 6 Serve immediately.

Nutrition per serving

172	3 g	5 g	33 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			5.6 g · 22% of daily needs
Sugar			8.8 g · 10% of daily needs
Sodium			207 mg · 9% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			51.6 mg · 63% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chai-spiced-winter-squash-puree-95901