



## Maple Spice Squash Butter (Refined Sugar-Free, Vegan, Paleo)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



90 min.

SERVINGS



10

CALORIES



77 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 lb butternut squash seeds removed cut in half (or use 1/2 a large one),
- ☐ 2 cinnamon sticks
- ☐ 0.5 tsp ground cinnamon
- ☐ 0.1 tsp ground cloves
- ☐ 0.5 cup maple syrup (if using a smaller squash reduce to)
- ☐ 0.5 vanilla pod halved
- ☐ 10 servings water filtered for roasting

- ☐ 2 star anise whole

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat the oven to 400F.
- ☐ Place butternut squash halves on a large baking sheet with the cut side down.
- ☐ Add a few Tablespoons of filtered water to the bottom (this creates steam as it roasts).
- ☐ Place a piece of parchment over the squash, then cover with a aluminum foil and seal around the edges of the baking pan. Roast the squash for 60 minutes or, until the flesh is tender when pierced with a fork. Set aside until cool enough to handle. In the meantime heat the maple syrup with the cinnamon stick, halved and scrapped vanilla bean and anise star in the bottom of a medium saucepan and bring to a simmer. Cover, turn off heat and let infuse while the squash cooks. Once the squash is cooled strain the infused maple syrup into the bowl of a food processor reserving the whole spices. Scoop out the squash flesh and add it to the infused maple syrup in the bowl of the food processor .
- ☐ Add the ground cinnamon, cloves and lemon juice and puree until smooth.
- ☐ Pour the mixture back into the saucepan along with the reserved whole spices. Bring to a simmer and reduce heat; cook, uncovered, over low heat, stirring frequently, 20 to 25 minutes or until thick (it may spatter so keep an eye on it).
- ☐ Remove from heat; ladle into jar (I leave the whole spices in there so they can continue to impart flavor after jarred but you can fish them out now if you prefer). Cover; let cool to room temperature and store in refrigerator for a few weeks or the freezer for up to 6 months.

## Nutrition Facts



 **PROTEIN 3.62%**  **FAT 1.64%**  **CARBS 94.74%**

Properties

Glycemic Index:5.15, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:10.275652224603%

Nutrients (% of daily need)

Calories: 77.47kcal (3.87%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 17.81g (6.48%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 16.19mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin A: 7235.64IU (144.71%), Manganese: 0.67mg (33.65%), Vitamin C: 14.36mg (17.41%), Vitamin B2: 0.22mg (12.89%), Potassium: 282.45mg (8.07%), Magnesium: 29.79mg (7.45%), Fiber: 1.84g (7.36%), Calcium: 67.08mg (6.71%), Vitamin E: 1mg (6.68%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.08mg (5.3%), Folate: 18.45µg (4.61%), Copper: 0.09mg (4.58%), Vitamin B3: 0.85mg (4.24%), Iron: 0.64mg (3.56%), Vitamin B5: 0.28mg (2.77%), Phosphorus: 23.89mg (2.39%), Zinc: 0.26mg (1.77%)