



## Velvety Butternut Cinnamon Date Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



115 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients



1 cup roasted butternut squash canned packed



1 tablespoon chia seeds



1 teaspoons cinnamon to taste



0.5 teaspoon ground ginger



3 large medjool dates pitted



1.5 teaspoons vanilla extract pure



1 cloves sprinkle of ground

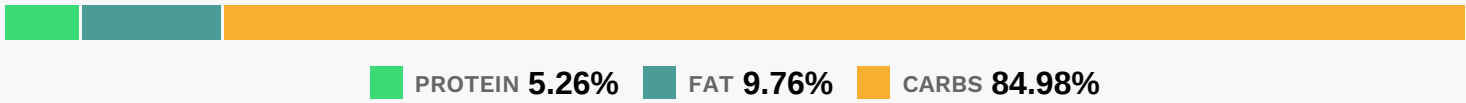
### Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

## Directions

- ☐ To cook the squash: Preheat oven to 400F and line a baking sheet with parchment paper. Slice the stem off the squash (optional) and slice the squash in half lengthwise. Scoop out the seeds with a spoon.
- ☐ Brush a bit of oil on the squash and sprinkle with a pinch of salt.
- ☐ Add all smoothie ingredients into a high speed blender and blend on high until smooth, adjusting the spices as needed.
- ☐ Serve immediately & enjoy!

## Nutrition Facts



## Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:10.6399999990878%

## Nutrients (% of daily need)

Calories: 115.44kcal (5.77%), Fat: 1.34g (2.06%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 21.84g (7.94%), Sugar: 17.26g (19.18%), Cholesterol: 0mg (0%), Sodium: 3.08mg (0.13%), Alcohol: 0.69g (100%), Alcohol %: 1.12% (100%), Protein: 1.62g (3.24%), Vitamin A: 5000.65IU (100.01%), Manganese: 0.51mg (25.31%), Fiber: 4.32g (17.27%), Vitamin C: 9.89mg (11.99%), Magnesium: 43.58mg (10.9%), Potassium: 357.82mg (10.22%), Copper: 0.16mg (8.14%), Calcium: 70.28mg (7.03%), Vitamin B6: 0.14mg (6.76%), Vitamin B3: 1.35mg (6.75%), Phosphorus: 65.79mg (6.58%), Vitamin B1: 0.08mg (5.6%), Iron: 0.98mg (5.42%), Vitamin E: 0.71mg (4.72%), Folate: 18.24µg (4.56%), Vitamin B5: 0.38mg (3.85%), Selenium: 2.65µg (3.78%), Zinc: 0.39mg (2.57%), Vitamin B2: 0.03mg (1.96%), Vitamin K: 1.37µg (1.31%)