



## Sweet Butternut Mashies



1/6th of recipe (1/2 cup): 90 calories, 2.5g total fat (0.5g sat. fat), 243mg sodium, 17g carbs, 3g fiber, 3g sugars, 1.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 10 minutes    **Cook:** 30 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

### Ingredients

6 cups peeled and cubed butternut squash (about 1 medium squash)  
3 tbsp. light whipped butter or light buttery spread  
1 1/2 packets no-calorie sweetener (like Truvia)  
1/2 tsp. maple extract  
1/2 tsp. cinnamon  
1/2 tsp. salt

### Directions

Bring a large pot of water to a boil.

Add butternut squash. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain squash in a strainer. Transfer to a large bowl.

Add all remaining ingredients. Thoroughly mash and mix until uniform.

**MAKES 6 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.