



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

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



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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

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