



Creamy Butternut Squash Pudding (V)

Makes: 6 servings

Prep Time: 10 minutes Cook Time: 35 minutes

Total Time: 45 minutes plus chill time 4 hours

Ingredients

- 1 large butternut squash, 5 to 6 cups peeled, seeded, and cubed
- Extra-virgin olive oil, for drizzling
- 1/2 cup coconut cream (see Chef's Note)
- 1/4 cup maple syrup
- 1 tbsp coconut oil
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- 1/8 tsp sea salt
- 2 to 6 tbsp almond milk, if necessary, to blend
- Optional toppings: coconut cream, chocolate shavings, toasted pecans

Instructions

Preheat the oven to 425°F and line a large baking sheet with parchment paper.

Arrange the squash cubes on the baking sheet and toss with just a little bit of olive oil. Roast for 30 to 35 minutes or until tender. (Note: the squash does not need to be golden brown, just very soft).

Transfer the squash to a blender and add the coconut cream, maple syrup, coconut oil, vanilla, cinnamon, nutmeg, ginger, and salt. Blend until smooth, adding almond milk, if necessary, to reach a blendable consistency. Taste and adjust the sweetness and spices to your liking.

Transfer to ramekins or bowls and chill 4 hours or overnight. Serve with desired toppings.

Chef's Notes:

I've had best results with Thai Kitchen Coconut Cream, which is soft and thick, not watery, but not too hard. I've also made this with Trader Joe's coconut cream (which is thicker) and had to add additional almond milk to reach a blendable consistency.

Recipe from Love & Lemons