



BUTTERNUT SQUASH MAC & CHEESE

Inspiration: Meghan Splawn

Serves 8 to 10
Prep 25 minutes
Cook 30 minutes

Ingredients

15 oz purée butternut squash
1 1/2 cup whole milk
1/2 cup water
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon nutmeg (or cinnamon)
1-pound dried small pasta shells
1 1/2 cup shredded cheddar cheese
1/4 cup parmesan cheese

Directions

- In a pot, add salted water to a boil over high heat. Add the pasta and cook according to package directions. Drain the pasta and set aside.
- Mix the purée, milk, water, salt, pepper, and spices. Optional: Can mix together in a pot to add warmth to the sauce.
- Add the pasta, purée mix and cheeses together until it is evenly mixed. Mix until the cheeses are melted.

YOGURT AND OATMEAL BOWLS

Inspiration: Rebecca Jaspán

Ingredients

Yogurt
Butternut purée
Oatmeal/ granola

Directions

Add a dollop of butternut purée on top of yogurt or oatmeal for extra flavor and nutrients.