



ORANGE GINGER MASHED BUTTERNUT SQUASH

This comforting recipe is a great change of pace for a healthy, yet flavorful side dish. The citrus adds brightness while warming ginger helps to soothe the digestive tract.

Serves 4

Ingredients

- 1 butternut squash (approximately 2-2½ pounds), peeled and cut into large chunks
- ¼ cup pure maple syrup
- 2 teaspoons orange zest
- ¼ cup plus 2 tablespoons fresh orange juice
- ¾ teaspoon fresh lemon juice
- 1 teaspoon freshly grated ginger
- ½ teaspoon ground cinnamon
- ¼ cup coconut butter (manna) or coconut oil
- Sea salt, to taste

Preparation

1. Place butternut squash in a large pot. Cover with water and boil for 20 minutes or until tender. Drain thoroughly and set aside.
2. Combine the maple syrup, orange zest, orange juice, lemon juice, ginger, cinnamon, and coconut butter or oil in a saucepan. Bring the mixture to a quick boil over high heat, being careful not to burn. Quickly lower to a simmer and cook about 2-3 minutes or until syrupy. Remove pan from heat.
3. Place drained butternut squash in a large bowl and pour orange mixture over the top. Mash together with a potato masher and season with salt. If a creamier texture is desired, transfer mixture to a food processor and pulse until smooth.

Cook's notes: Substitute peeled sweet potatoes for butternut squash, if desired.

AIP adaptation: Reduce the amount of maple syrup to 2 tablespoons or omit completely.

Elimination/Provocation Diet adaptation: Omit orange zest, orange juice, and lemon juice.

Nutrients: A(BETA), B₆, C, E, MN, GL

