

Butternut Squash Sauce



Ingredients

1 butternut squash split, seeds discarded
2 tbsp Dijon mustard
½ c milk or nondairy option
1 tsp minced garlic
1 tsp tamari
1 tsp hot sauce, your choice
1 tsp pepper

Directions

Roast butternut in oven at 350° for 30-40 minutes or until fork tender.
While squash is warm scoop out the flesh and discard skin.
Combine all the ingredients in a blender and puree until smooth.

Great on vegetables, chicken, rice etc.

Nutritional Information

Calories per serving 60

Total Fat .52g

Saturated Fat .25g

Cholesterol 1.2g

Sodium 93mg

Total Carbohydrates 13

Dietary Fiber 4g

Protein 1.6g

Servings 10