



butternut squash spread

INGREDIENTS

- 1 cup butternut squash, cubed
- 4 cloves garlic (skin on), plus 4 cloves garlic, peeled and minced
- 3 to 4 Tbsp. olive oil, plus more for roasting garlic
- 2 Tbsp. lemon juice
- 1 (15-ounce) can chickpeas, drained and lightly rinsed
- 1/3 cup SunButter®
- 1/2 cup fresh parsley, chopped
- 1/4 tsp. ground cinnamon
- 1/2 tsp. ground cumin
- 1/4 tsp. smoked paprika

BRÖCK brockco.com
@BrockEatHealthy

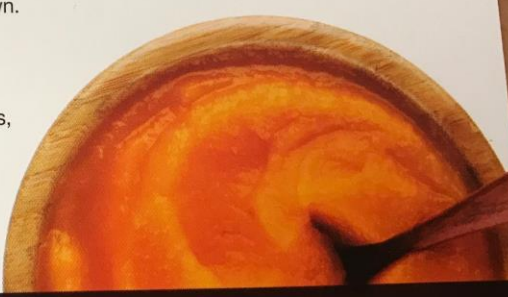
INSTRUCTIONS

Preheat oven to 400°F.

Add the butternut squash and the unpeeled garlic cloves to a baking sheet and drizzle with a little olive oil. Toss to combine and bake for 15 to 20 minutes, or until all squash is fork-tender and the garlic is golden brown. Let cool 5 minutes.

Peel roasted garlic and add to a food processor or blender along with squash, fresh minced garlic, lemon juice, chickpeas, SunButter®, olive oil, parsley, cinnamon, cumin, and smoked paprika.

Purée until creamy and smooth, scraping down sides as needed and adding more olive oil or a touch of water if it is too thick. Taste and adjust seasonings. Refrigerate for at least 4 hours, then serve.



NUTRITIONAL INFORMATION

(PER SERVING)

Calories 178 • Total Fat 12g • Saturated Fat 1g • Sodium 15mg • Potassium 273mg
• Carbohydrates 15g • Fiber 4g • Protein 5g