

# Butternut Squash Mash



**Plan Z Phase:** This is Z3 (ZReboot) recipe. Just in time for the holidays or anytime! If you have a hankering for potatoes this will give you the same texture in your mouth and a party on your tongue!

**Serving Size:** Servings 6

## **Ingredients:**

- 2 to 2-1/2 pounds of butternut squash
- $\frac{1}{2}$  tsp of grated sea salt
- $\frac{1}{4}$  tsp of pepper (or to taste)
- $\frac{1}{4}$  cup of heavy cream
- 1 tsp of Truvia (optional)
- butter to taste (2 – 3 Tbl should do it)

## **Instructions:**

Preheat oven to 400 degrees.

Peel the squash(es). Carefully cut them in half or quarters and take out the seeds. Toss that stuff in the garbage. Cut the squash flesh into 1" chunks. In a large pan sprayed with olive oil put in the squash. Spray with olive oil and season with the

salt and pepper. Cover with foil. Roast in your oven until soft. This might take 30 – 40 minutes.

Remove from the oven and put in a heatproof bowl. Add the cream and Truvia. Use your electric mixer to mash them (or use your own favorite method for mashing potatoes).

Add the butter and give it another quick mash.

These can be made ahead and re-heated. They make great leftovers too.

For me, these are just as sweet and wonderful as mashed sweet potatoes. And maybe even better than baked potatoes!

Check out these numbers and tell me what you think!

Smashed Butternut Squash	Glycemic index = 8
22 grams of carbs per cup	

Mashed Sweet Potatoes	Glycemic index = 17
41 grams of carbs per cup	

Baked Potato	Glycemic index = 29
63 grams of carbs per cup	

You want all of these numbers to be as low as possible. The squash kicks potato butt! Choose the squash every time and change the traditions in your family for the better.

Enjoy!

Cheers,