

Blended Butternut Squash, Apple & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 cups Butternut Squash (cubed)
- 1 Apple (medium, peeled, cored, chopped)
- 1 cup Water
- 1/4 tsp Cinnamon
- 1/3 cup Quinoa (dry)

DIRECTIONS

- 01 Add all the ingredients to a pot and bring to a boil. Reduce to a simmer, cover, and cook for 12 to 15 minutes or until the quinoa is cooked through.
- 02 Add the mixture to a food processor and blend until smooth, being careful to vent for heat to escape as needed.
- 03 Serve warm and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Use bone broth or vegetable broth instead of water.