

Butternut Squash Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use coconut or oat milk and use sunflower seed butter instead of almond butter.

No Frozen Butternut Squash

Use fresh, cooked squash or canned.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1 1/3 cups Unsweetened Almond Milk
- 1/2 cup Frozen Cauliflower
- 4 leaves Romaine (roughly chopped)
- 3/4 cup Butternut Squash (frozen, cubed)
- 1/2 Banana (frozen)
- 1/8 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Almond Butter

Nutrition

Amount per serving

Calories	446	Vitamin C	60mg
Fat	19g	Calcium	979mg
Saturated	1g	Iron	5mg
Carbs	46g	Vitamin D	134IU
Fiber	17g	Vitamin B6	0.7mg
Sugar	12g	Folate	246µg
Protein	31g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	241mg
Sodium	283mg	Zinc	3mg
Potassium	1401mg	Selenium	9µg
Vitamin A	21630IU		