



## THYME BUTTERNUT SQUASH PUREE

### Ingredients

2 cups	Butternut squash, cubed
2 T.	Thyme, stuffed in cheese cloth
3 T.	Chicken stock
¼ tsp.	Butter
1/8 <sup>th</sup> tsp.	Salt
1/8 <sup>th</sup> tsp.	White pepper

### Method

- Steam butternut squash until cooked through and place into medium sauce pot and turn on low heat.
- Add 2 T. of warm chicken stock, butter and thyme cloth into the pot.
- Allow everything to cook together for 5-10 minutes—add salt and white better.
- Remove the thyme cheese cloth from the pot and squeeze out any excess liquid into the butternut squash.
- Add everything to a vitamix + additional T. of chicken stock and blend until smooth.

**Serves:** 4

**Serving Size:** 1 oz.

Calories: 40

Fat: 0 gm

Protein: 1 gm

Carbohydrates: 9 gm

Sodium: 80 mg

Fiber: 2 gm