



HEALTHY WHOLESOME BUTTERNUT SQUASH BREAD

Vata ↓, Pitta ↓, Kapha ↑*

Makes: 1 loaf (using a 9 x 5 inch pan)

Prep Time: 15 to 20 minutes

Cook Time (for the squash): 45 to 55 minutes**

Cook Time (for the bread): 55 to 60 minutes

INGREDIENTS

For the Butternut Squash Puree:

- 1 medium butternut squash
- 2 teaspoons ghee, coconut oil, or olive oil (Kapha types use olive oil)
- Cinnamon, for sprinkle

For the Bread:

- 2 cups butternut squash puree (ideally fresh, but canned works too!)
- 1/3 cup melted ghee, melted coconut oil, or olive oil (Kapha types use olive oil)
- 2 eggs (Kapha types use the flaxseed "egg" recipe mentioned above)
- 1/4 to 1/2 cup maple syrup, depending on your sweet tooth (Kapha types use 1/4 cup)
- 1/4 whole milk or milk substitute (Kapha types use non-dairy milk alternative)
- 1 teaspoon vanilla extract
- 1/2 teaspoon pink Himalayan salt or mineral salt
- 1 teaspoon Ayurvedic Breakfast Spices*
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 3/4 cup 100% whole wheat flour (use oat flour for a gluten free option)
- Extra cinnamon for topping

*This spice blend can be replaced with 1/2 teaspoon of cinnamon, 1/4 teaspoon cardamom, 1/8 teaspoon turmeric, 1/8 teaspoon nutmeg, and a pinch of clove.

Optional Additions:

- 1/2 chopped walnuts
- 1/2 chopped pecans
- 1/4 cup cacao nibs
- 1/4 cup shredded coconut
- 1/3 to 1/2 cup chopped dates or raisins

DIRECTIONS

Preparing the Butternut Squash Puree:

1. Preheat your oven to 425°.
2. Take the butternut squash and cut it in 2 even pieces lengthwise. Remove the seeds.
3. Place the two halves on a baking sheet or glass baking dish, cut side up.
4. Brush the top of each half with the ghee or oil of choice. Then sprinkle each half with cinnamon.
5. Place the butternut squash, uncovered, in the oven and bake for 45 to 55 minutes or until the squash is soft and fork tender.
6. Let the squash cool slightly in order to handle it without burning yourself.
7. Scoop out the insides and place the cooked squash in a small mixing bowl. Make sure to remove any remaining seeds or strings.
8. Using a hand mixer, blend until a fairly smooth (small lumps are fine) texture has been reached. If a hand mixer is not available, use a hand blender or mash it manually instead.
9. Place the puree aside until needed, or refrigerate in an airtight jar to use the following day.

Baking the Bread:

1. Preheat your oven to 325°.
2. Oil your bread pan using olive oil or coconut oil. Place it aside until needed.
3. Add the eggs, ghee (or oil), maple syrup, and milk to a large mixing bowl and beat until well mixed. If you are using melted ghee or coconut oil, make sure that it is liquid, but not so hot that it will cook the eggs!
4. Add the butternut squash puree and beat for an additional minute or until the ingredients are evenly combined.
5. Add in the vanilla, salt, Ayurvedic Breakfast Spices, cinnamon, and baking soda. Using a whisk or large mixing spoon, stir well until the dry ingredients are completely blended in.
6. Add in the flour and gently stir in evenly using a large mixing spoon; avoid over-mixing!

7. Once fully mixed, you can fold in any optional additional ingredients as desired (see some recommendations in the ingredient list above!)
8. Pour the batter into the bread pan. Sprinkle the top with cinnamon. I enjoy using a butterknife to cut a zig-zag pattern over the top for a fancy finish!
9. Place the pan into the heated oven and bake for 55 to 60 minutes. I suggest to stick a toothpick into the center at 55 minutes and continue baking only if it does not come out clean. If there are any crumbs or batter on the toothpick, keep baking but check every 1 to 2 minutes to avoid burning or drying out the bread.
10. Once the bread is ready, take it out and let it sit in the pan for 10 to 15 minutes. Carefully turn the bread over and tap it out of the pan.* Let the bread cool for an additional 15 to 30 minutes on a wire rack before slicing.

*I often take a butterknife to the sides of the bread to make sure it does not stick when tapping the bread out of the pan.

My favorite ways to indulge:

- Spread some coconut butter over the top of each slice. This is not the same as coconut oil, and if you have never tried coconut butter, this is a must!!
- It doesn't get much better than enjoying a warm piece of butternut squash bread with a hot cup of chai!
- For a more sweet, dessert-like treat, mix 1 teaspoon of honey with 1/2 teaspoon of ghee and stir in 1/4 teaspoon of cinnamon for a healthy, but indulgent spread.