



BUTTERNUT SQUASH SMOOTHIE RECIPE

Vata ↓, Pitta ↓, Kapha ↑

Makes: about 24 ounces

Cook Time: 40 to 50 minutes (for roasting)

Prep Time: 10 minutes

INGREDIENTS

- 1 small-medium butternut squash (1½ cups cooked butternut squash)
- 1 cup plain kefir or yogurt—ideally homemade (use dairy-free or goat milk for Kapha)
- ½ cup of raw coconut water, almond milk, or hemp seed milk (use almond or hemp milk for Kapha)
- ¼ to ½ small avocado (omit for Kapha)
- 1 tablespoon chia seeds
- 2 to 4 tablespoons hemp seeds or 100% hemp seed protein powder
- 2 soft Medjool dates, pitted and chopped—substitute with 2 to 3 teaspoons of honey if needed
- ½ teaspoon cinnamon
- ½ teaspoon Ayurvedic Breakfast Spices or another “pumpkin pie” spice blend
- 1 to 2 teaspoons fresh ginger, peeled and finely chopped (or ½ teaspoon dried powder)
- 1 teaspoon fresh turmeric, peeled and finely chopped (or ¼ teaspoon dried powder)
- 1 teaspoon cacao powder (optional; omit for high Vata)
- 1 teaspoon mesquite powder (optional but recommended)
- 1 teaspoon vanilla extract

DIRECTIONS

Roasting the Butternut Squash:

1. Preheat your oven to 425°.
2. Cut the butternut squash into 2 even pieces lengthwise. Remove the seeds.
3. Lightly brush the top of each half with ghee or coconut oil (optional; omit for Kapha).
4. Then sprinkle each half with cinnamon.
5. Place the two halves on a baking sheet or glass baking dish, with the cut side down.

6. Place the butternut squash in the oven and bake for 40 to 50 minutes or until the squash is soft and fork-tender.
7. Scoop 1½ cups of the squash into a container. Make sure to remove any remaining seeds or strings.
8. Let the squash cool to room temperature before adding it to the blender. If speed cooling is needed, place the squash in the refrigerator (15 to 20 minutes) or freezer (5 to 10 minutes).

TIP: While the squash is cooking or cooling, you can prepare the rest of the ingredients for the smoothie.

Preparing the Smoothie:

1. Add the kefir or yogurt, coconut water (or nut-seed milk), avocado, chia seeds, hemp seeds (or hemp protein powder), dates (or honey), cinnamon, Ayurvedic Breakfast Spices, ginger, turmeric, cacao powder (if using), mesquite powder (if using), and vanilla extract to the blender.
2. Once the roasted butternut squash has cooled, add it to the blender.
3. Blend on high for 2 to 4 minutes or until the smoothie is perfectly smooth. Pour it into a fun and fancy smoothie cup (optional but recommended!).
4. Serve slightly warm (or room temperature) with a sprinkle of cinnamon over the top.
5. Enjoy this smoothie for breakfast, lunch, a healthy snack (8 oz only), or a post-workout replenisher.
6. This smoothie is best eaten fresh but leftovers can be stored in an airtight glass jar for 1 to 2 days if needed.

ADDITIONAL TIPS

- It is important to have a strong, high-speed blender to get a completely smooth texture—chunky smoothies are never as good!
- If butternut squash is not available, steamed or roasted sweet potato can be used.
- Using 100% hemp protein powder will offer you more protein (and tends to blend smoother) but can be hard to digest for some individuals—use what works best for your needs!
- If you prefer a thinner smoothie, use less avocado (or omit) or add more nut milk or coconut water.

- It is important to use soft dates to ensure they blend well; unblended dates will leave your smoothie chunky and lacking sweetness. If your dates are too hard, you can soak them overnight in the 1/2 cup of coconut water or nut milk (used in the recipe); steam them before blending; or simply replace them with 2 to 3 teaspoons of honey.
- If you are making this as a meal replacement, add the higher amount of hemp seeds or hemp protein powder to make it more nourishing and sustaining.
- Due to the nourishing and building qualities of this recipe, this smoothie is great for times of high Vata, weakness, underweight, post-cleansing, post-illness, pregnancy, postpartum, and post-workout recovery.
- Due to the heavy nature of the ingredients, this recipe should be avoided if you have high Kapha, congestion, Candida overgrowth, sluggish digestion, or excessive toxins.