

Pressure Cooker Squash Bowl

3 SERVINGS 40 MINUTES



INGREDIENTS

3 cups Butternut Squash (washed, whole)
1/2 cup Water
1/2 tsp Cinnamon
1/2 oz Gelatin
2 tbsps Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	124	Iron	1mg
Fat	0g	Vitamin D	0IU
Carbs	28g	Folate	38µg
Fiber	3g	Magnesium	49mg
Protein	6g	Zinc	0mg
Vitamin C	29mg		

DIRECTIONS

- 01 Add the squash, water and cinnamon to the pressure cooker. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally.
- 02 Carefully remove the lid, and remove the squash. Let it cool slightly, then cut it in half, and remove the seeds. Add the squash and all of the contents from the pressure cooker to a blender along with the gelatin and honey. Blend on high until smooth.
- 03 Pour into a bowl, serve and enjoy!

NOTES

RECIPE ID 601

SERVING SIZE

One serving is equal to about 1 1/2 cups.

EAT IT COLD

Alternatively, you can store this in the fridge and eat it cold. It will thicken more in the fridge and become similar to a pudding/jello texture.

MORE FLAVOR

Add additional spices such as ginger.