Butternut Queso

About the Recipe

48 Calories · 2 g Protein · 2 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 16 Servings

- 3 cups (16 ounces/445 grams) cubed butternut squash
- 1 tablespoon olive oil
- 1 1/2 teaspoons sea salt, divided
- 1/2 cup (2 ounces/62 grams) sunflower seeds
- 2 cups (32 ounces) water
- 2 tablespoons tomato paste
- 2 tablespoons nutritional yeast
- 1 clove garlic

Directions

1. Preheat the oven to 425 F. Line a baking sheet with parchment paper. Add the squash to the prepared baking sheet and drizzle with olive oil, sprinkle with 1/2 teaspoon sea salt, and toss to combine until all pieces of squash are coated. Bake for 12 minutes, and then flip and bake an additional 12 minutes until tender enough to poke with a fork.
2. Add the squash, sunflower seeds, water, tomato paste, nutritional yeast, garlic, and remaining 1 teaspoon of sea salt to the blender and blend until smooth and creamy.

Nutrition Facts

Per serving:
Calories: 48
Fat: 3 g
    Saturated Fat: 0 g
    % Calories From Fat: 56%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 4 g
Sugar: 1 g
Fiber: 2 g
Sodium: 223 mg
Calcium: 16 mg
Iron: 0 mg
Vitamin C: 4 mg
Beta-Carotene: 1,056 mcg
Vitamin E: 2 mg