



Butternut Squash Casserole

★★★★★

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Submitted By: Vitamix

Dietary Interests: [Vegetarian](#), [Low Sodium](#), [No Added Sugar](#), [Gluten-Free](#), [Low](#)

Yield:

6 servings

Total Time:

1 Hour 15 Minutes

Difficulty:

Advanced

Ingredients

- 2 cups (400 g) butternut squash, cooked
- 3/4 cup (180 ml) egg substitute
- 1/2 cup (120 ml) soy milk
- 2 Tablespoons (30 g) light butter spread
- 2 Tablespoons coconut, shredded, unsweetened
- 1/2 teaspoon Ginger Paste (See Recipe)
- 1/2 teaspoon coconut extract

Directions

1. Preheat oven to 350°F (180°C). Lightly coat an 8-inch (20 cm) square baking pan with cooking spray.
2. Place all ingredients into the Vitamix container and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High.
5. Blend for 20 seconds.
6. Transfer to prepared pan. Bake for 45 minutes.

This recipe has been written for the C-Series machines with Variable Speed control and Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Nutrition Information

Serving Size	1 serving
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Amount Per Servings	
Calories	80
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Total Fat	3.5 g
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Saturated Fat	1.5 g
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Cholesterol	0 mg



Sodium	105 mg
Total Carbohydrate	10 g
Dietary Fiber	3 g
Sugars	3 g
Protein	4 g
