

# Warm Butternut Squash Smoothie

Sip on a warm smoothie when the weather turns chilly. This one features spinach, butternut squash, pear, a hint of spice, and creamy cashew milk.

Prep Time

5 mins

Total Time

5 mins



Course: Smoothie Cuisine: Plant-Based



5 from 5 votes

Keyword: autumn recipe, banana free recipe, gluten free recipe, green smoothie recipe, low sugar recipe, winter recipe

Servings: 1 Calories: 132kcal Author: Jen Hansard

This smoothie was submitted by Kelly Sullivan! She was saying that cool smoothies are difficult for her to consume in the winter, so she googled "warm smoothies". She was impressed by this one. Give it a try.

## Ingredients

- 3/4 cups fresh spinach
- 1 cup cashew milk warmed
- 3/4 cup butternut squash cooked (see notes)
- 1/2 pear peeled and cored
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 serving [Protein Smoothie Boost](#) optional

## Instructions

1. **Blend** spinach and water until smooth.
2. **Add** remaining ingredients and blend again until smooth.

## Notes

- To roast the butternut squash, preheat the oven to 425°F. Line a baking sheet with parchment (baking) paper or foil. Cut a medium butternut squash in half lengthwise. Scoop out the seeds from each half. Lightly rub the halves with a little oil. Roast cut side down for 20 minutes, turn squash over and roast for 10-20 minutes longer, or until very tender when pierced with the tip of a knife in the thickest part. Let cool slightly before using for this recipe. Store leftovers, wrapped, in the refrigerator.
- Swap in acorn squash, kabocha squash or sweet potato for the butternut squash.
- Add 1 date or a bit of maple syrup for a slightly sweeter smoothie.
- If you don't want a warm smoothie, keep ingredients at room temp for a room temp beverage, or freeze squash before adding to make a refreshingly cold smoothie.

## Nutrition

Calories: 132kcal | Carbohydrates: 28g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 183mg | Potassium: 602mg | Fiber: 6g | Sugar: 11g | Vitamin A: 13296IU | Vitamin C: 32mg | Calcium: 87mg | Iron: 2mg

Warm Butternut Squash Smoothie <https://simplegreensmoothies.com/butternut-squash-smoothie>