VELVETY BUTTERNUT CINNAMON DATE SMOOTHIE

Vegan, gluten-free, grain-free, oil-free, refined sugar-free, soy-free

★★★★★
4.9 from 10 reviews

Yield	Prep time	Cook time
3.5 cups (2 glasses)	10 minutes	35 minutes

Creamy, velvety, and downright dreamy this is the perfect smoothie to kick off the fall season and make use of roasted butternut squash! This batch makes a generous amount - enough for two glasses to share with a loved one (or one thirsty smoothie maker!). You can also make this for a Thanksgiving brunch and share it with a crowd. It would make a lovely addition to any breakfast. If you'd like to use canned squash that should work fine too. I would use a bit less, about 3/4-1 cup of purée, adding to taste. It probably goes without saying, but pumpkin would be a nice substitute for butternut. Adapted from Pumpkin Pie Smoothie for Two.

INGREDIENTS

1 cup + 1/2 cup almond milk

1 cup + 1/4 cup (packed) roasted butternut squash or 3/4-1 cup canned puréed squash

3-4 large Medjool dates, pitted

1 tablespoon chia seeds

1-2 teaspoons cinnamon, to taste

1.5 teaspoons pure vanilla extract

1/2 teaspoon ground ginger

sprinkle of ground cloves

5-6 large ice cubes, or as needed

DIRECTIONS

1. To cook the squash: Preheat oven to 400°F and line a baking sheet with parchment paper. Slice the stem off the squash (optional) and slice the squash in half lengthwise. Scoop out the seeds with a spoon. Brush a bit of oil on the squash and sprinkle with a pinch of salt. Place squash on the baking sheet, cut side up, and roast for 35-50 minutes, until fork tender and golden brown on the bottom. Allow to cool.

2. For the smoothie: Add all smoothie ingredients into a high speed blender and blend on high until smooth, adjusting the spices as needed. Serve immediately & enjoy!

TIP:

Note: To make this nut-free, use a nut-free non-dairy milk such as coconut or soy milk.

If you've made this recipe I'd love to see it.

Tag @ohsheglows on Instagram and hashtag #ohsheglows so that we can all take a look!