

Spiced Butternut Squash Dip [15 Healthy Dips and Spreads \(healthline.com\)](#) [retrieved 5.23.24]

This recipe makes 4 servings.

This squash-based dip doubles as a side and a healthy dessert.

It can be easily spread on bread or used as a dip for veggies. For a lightly sweet spin, serve it with apple slices or cinnamon pita chips.

Butternut squash is loaded with several nutrients, including vitamin C, which is vital for proper immune function and wound healing

Ingredients:

2 cups (480 grams) of mashed butternut squash or butternut squash purée

3 tablespoons (45 ml) of olive oil

1/4 teaspoon of cinnamon

1/8 teaspoon of nutmeg

1 teaspoon of fresh rosemary, chopped

salt to taste

Directions: Combine all ingredients in a food processor or high-powered blender. Blend until smooth. Taste and add more seasonings if desired.

NUTRIENTS PER SERVING: Calories: 140 Protein: 2 grams Carbs: 13 grams Fat: 11 grams