

# Roasted Butternut Squash & Sweet Potato Mash

## Ingredients

---

- 2 cups butternut squash, peeled and cubed
- 2 large sweet potatoes, peeled and cubed
- 2 tbsp olive oil or avocado oil
- 1/2 tsp ground turmeric
- 1/2 tsp ground ginger
- 1/4 tsp ground cinnamon
- Sea salt and black pepper, to taste
- 1 tbsp fresh thyme or rosemary (optional, for garnish)
- Optional: drizzle of coconut cream for extra creaminess

## Directions

---

1. Preheat oven to 400°F (200°C).
2. Season the Vegetables: Place the butternut squash and sweet potato cubes on a baking sheet. Drizzle with olive oil, then sprinkle turmeric, ginger, cinnamon, salt, and black pepper. Toss everything together until the veggies are evenly coated.
3. Roast: Roast in the preheated oven for 25-30 minutes or until the squash and sweet potatoes are tender and golden brown. Stir halfway through to ensure even cooking.
4. Mash: Transfer the roasted veggies to a large bowl. Mash with a potato masher or fork until smooth. For extra creaminess, add a splash of coconut cream if desired.
5. Serve: Garnish with fresh thyme or rosemary for a festive touch.

## Benefits

---

**Butternut Squash and Sweet Potatoes:** are high in antioxidants and fiber, help support digestive health and lower inflammation. Turmeric and ginger are potent anti-inflammatory spices that also add warm, earthy flavors. Olive oil is rich in healthy fats, helping to absorb the nutrients and adding a silky texture to the mash.

