

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Peanut Butter Squash Blondies

From [www.cookingTF.com](http://www.cookingTF.com)

1 egg

1 cup peanut butter or sunbutter, smooth or chunky

½ cup honey

½ tsp baking soda

½ cup frozen butternut or winter squash puree, thawed or made fresh\*

Preheat oven to 350 degrees. Grease an 8x8 square pan and set aside.

In a bowl, beat the egg with a whisk and then add the peanut butter and honey. Beat until smooth. Add the baking soda and squash and whisk until mixed. Pour into pan and bake 25-30 minutes, or until a toothpick inserted near the center comes out clean.

\*If you'd rather make your own puree instead of buying the boxed puree, cut a butternut squash in half and scoop out the seeds. Place cut-side down in a greased roasting pan or 9x13 pan and pour in a little water. Bake at 350 degrees until tender. Cool, scrape out of skin and puree in a food processor or blender.