

Apricot and Acorn Squash Puree

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cups (500 mL) coarsely chopped peeled acorn squash
- 6 fresh apricots, pitted
- 1 cup (250 mL) filtered water

Instructions:

1. In a saucepan, combine squash, apricots and water. Bring to a boil over medium heat. Reduce heat to low and simmer until squash is fork-tender, about 20 minutes.
2. Transfer to a blender or use an immersion blender in the saucepan. Puree until smooth. Let cool until warm to the touch before serving or transfer to an airtight container and refrigerate for up to 3 days or freeze for up to 1 month.

Notes:

You can substitute 3 sulphite-free dried apricots for the fresh ones. If your dried apricots are bright orange, they have likely been preserved with sulfites, which are a common chemical preservative and are potentially toxic to developing bodies. They have been linked to allergic-type reactions and may be particularly problematic for children with asthma. When purchasing any dried fruit, the only thing you want to see in the ingredients list is the fruit itself!