



Butternut Squash "Rotini" Almond Bread with Cream Cheese Glaze

Servings

8

Calories

370

Prep Time

30 Minutes

Total Time

1 hr 30 minutes

Skill Level

Medium

Ingredients

1 (12 ounces) package Mann's Butternut Squash "Rotini"

¼ cup water

1 ½ cup plus 2 tablespoons all-purpose flour

1 ½ teaspoon baking powder

1 teaspoons baking soda

½ teaspoon salt

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

1 cups granulated sugar

¼ cup canola or corn oil

¼ cup sour cream or plain yogurt (low-fat or regular)

2 large eggs

¼ cup chopped almonds

Cream Cheese Glaze

4 ounces cream cheese, room temperature

⅓ cup confectioners' sugar, sifted

2 teaspoons freshly squeezed lime juice (orange or lemon juice)

2-3 tablespoons milk





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The Method

Preheat oven to 350° F. Spray a 9x5-inch loaf pan with non-stick cooking spray; set aside.

Place Butternut Squash "Rotini" and water in a microwave-safe bowl; cover with a paper towel. Microwave on high-power for 5-6 minutes or until squash is very tender. Cool slightly and mash with a fork or potato masher; set aside.

Combine flour, baking powder, baking soda, salt, cinnamon and nutmeg in a medium bowl; set aside.

Place sugar, oil, sour cream and eggs in a large bowl; beat with a mixer at high speed until well blended. Add reserved squash beating at low speed until blended. Add flour mixture to pumpkin mixture, beating at low speed just until combined. Do not overmix. Sprinkle in almonds and mix gently with a spoon. Spoon batter into prepared loaf pan.

Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack. Enjoy!

Nutrition Facts

Serving Size: 153g | Servings: 8

Amount Per Serving

Calories 370 | Calories from Fat 130 | Total Fat 15g (sat fat 4g trans 0g) | Cholesterol 65mg | Sodium 460mg | Total Carbohydrate 55g | Dietary Fiber 2g | Sugars 33g | Protein 6g | Vitamin A 100% | Vitamin C 15% | Calcium 10% | Iron 8%