



Makes 1 quart
Preparation Time: 10 minutes
Cook Time: 11 hours 50 minutes

INGREDIENTS:

1 15-oz. can butternut squash puree (1½ cups)
2 cups frozen banana pieces (2 large bananas)
3 tablespoons pure maple syrup
1 to 2 tablespoons unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
¼ teaspoon pure vanilla extract
⅓ cup chopped toasted pecans

Butternut-Pecan Nice Cream

Add some vegetable goodness to dessert by using naturally sweet butternut squash puree in this frozen dairy-free treat. The squash balances the banana in the base and highlights the roasted flavor of the pecans. For more nice cream recipes and tips, check out our [Beginner's Guide to Nice Cream](#).

By Mary Margaret Chappell

- 1 Line a small baking sheet with parchment paper. Use a spoon to drop squash puree into small mounds on parchment; freeze until solid.
- 2 In a high-speed blender or food processor combine frozen squash mounds and banana pieces; pulse or blend on low to medium-low until crumbly, stopping and scraping down sides once or twice. Add maple syrup, 1 Tbsp. milk, and the vanilla; blend continuously 30 seconds to 1 minute or until smooth and creamy, adding more milk if needed. Stir in pecans.
- 3 Serve immediately or transfer to a 1-quart container and store in the freezer up to 1 week.