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www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138
www.TheHellenic.com

Mashed Butternut Squash

Feeds 4-5 people

1 lb. Organic Butternut Squash

2 tbsp. [Pure Maple Syrup](#)

1/4 stick of KerryGold® Butter

1 tbsp. [Celtic Sea salt](#)

For preparation instruction, watch the video on YouTube:

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<https://youtu.be/w0NfJlI6yMc>