



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Butternut Squash**

Mango Butternut Squash Breakfast Bowl

Ingredients:

- 1 cup butternut squash, diced
- ½ cup ripe mango, diced
- ¼ cup orange juice or milk
- ½ cup Greek yogurt (optional)

Optional Toppings:

- 1 small banana, sliced
- 2 Tbs oats
- 2 Tbs granola
- toasted shredded coconut
- ¼ cup blueberries

Directions: (For 2 servings)

Arrange mango and squash on a baking sheet lined with parchment. Place in the freezer for 30 minutes or overnight to make ahead. Puree the frozen butternut squash, mango, juice, and yogurt. Pour into 2 bowls and arrange the remaining ingredients over top of the puree.

*Freezing the mango and squash isn't necessary if you're in a hurry. It just makes for a better presentation. Add a little more juice and make it a cold soup or smoothie instead.