



# NOURISH UNH: WHAT'S COOKING?



## PUMPKIN PIE ENERGY BITES

### Ingredients:

- 1 cup rolled oats
- 1/4 cup flax meal
- 2 tsp pumpkin pie spice
- 1/4 cup almond butter
- 5 tbsp unsweetened pumpkin purée
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- 2 tbsp mini chocolate chips

### Directions:

1. In a medium size bowl, stir together all wet ingredients. Add in oats, flax, pumpkin pie spice, and chocolate chips.
2. Roll the mixture into approximately 1 inch sized balls.
3. Store the energy bites in a single layer in an airtight container lined. Keep them in the fridge for several days or the freezer for several months.

**Recipe and image from [reciperunner.com](http://reciperunner.com)**



## ROASTED BUTTERNUT SQUASH

### Ingredients:

- 1 medium (2-3 lbs) butternut squash
- 4 tbsp olive oil
- 1 tsp salt
- 1/2 tsp cracked black pepper
- 1 tsp dried Italian seasoning
- 1 tsp garlic powder

### Directions:

1. Preheat oven to 425°F and grease a large baking sheet.
2. Peel butternut squash and slice down the middle lengthwise. Use a spoon to scoop out the seeds and innards and discard. Chop into 1-inch pieces and arrange in a single layer on prepared baking sheet.
3. Drizzle olive oil over squash, then use spoons or your hands to toss the squash to coat in the olive oil.
4. Season with salt, pepper, dried herbs, and garlic powder.
5. Bake for 20-25 minutes until squash is very tender and begins to brown on the edges. Serve immediately.

**Modified recipe and image from [lecremedelacrumb.com](http://lecremedelacrumb.com)**



### *Nutrition Facts*

- Oats are incredibly nutrient dense and help to sustain energy. They are a great source of carbohydrates, fiber, and various vitamins and minerals. They are also rich in antioxidants.
- Butternut squash is a great source of vitamins A, C, E, and B vitamins as well as zinc, calcium, and magnesium. Butternut squash is also a great source of fiber!



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