

Winter Squash Coffee Cake

Items Needed: large mixing bowl and a hand mixer or stand mixer, measuring cups, measuring spoons, spatula, 8x8 baking dish.

Serves: 12

Ingredients:

- ½ stick of unsalted butter (softened)
- ¼ cup olive oil or canola oil
- ¼ cup brown sugar
- ½ cup sugar
- 1 tsp vanilla extract
- 2 eggs
- ½ cup sour cream
- 1 ½ cup pureed squash
- 2 cups all purpose flour
- ½ cup coconut flour or other alternative flour (chickpea, almond. This is optional: you don't have to utilize an alternative flour, I just like the tenderness it lends to the cake.)
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp salt

For the Struesel: (optional) Combine the following.
¼ cup of butter melted, ½ cup flour, ¼ cup sugar, 1/2 cup quick oats, a pinch of salt, cinnamon and a splash of vanilla.

Directions:

1. Roast the squash at 400 degrees and allow to cool to room temperature. Scrape the “meat” of the squash from the skin and smash with a fork. (If you want a very smooth puree you can use a food processor or a blender.)
2. Once the squash has been removed from the oven, reduce the oven temperature to 350 degrees. Spray the baking dish with a bit of pan spray on the bottom and sides
3. Combine the butter, oil, sugars and vanilla in your mixing bowl and cream with either a hand mixer or a stand mixer until the mixture has lightened and looks a bit fluffier.
4. Add eggs, squash and sour cream to the mix and continue mixing until well combined.
5. To the wet mixture, add the remaining dry ingredients: all purpose flour, coconut flour, baking powder and soda, cinnamon, nutmeg and salt.
6. Continue to mix until everything is well combined, take the spatula and scrape down the edge of the bowl, continue to mix for a little bit longer. Place the batter in the baking dish.



7. Prepare the streusel if you like the topping and sprinkle over the cake. Bake for 25 minutes, rotate and bake for another 20 minutes. Check for doneness by placing a knife in the middle, when it comes out clean, remove the coffee cake from the oven, let cool and slice.

Notes:

You can utilize any winter squash for this recipe: acorn squash, butternut squash, kabocha squash, pumpkin. You can also substitute sweet potato if you would prefer to try something different, all of these have a very long shelf life and can be kept over-winter allowing the sugars to develop.

Nutrition Information (per 1/12 recipe): With Streusel

Calories: 323 Fat: 15.7 g Carbs: 40.2 g Protein: 4.6 g Fiber: 2.8 g Sodium: 196 mg

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