

The logo for RYVITA, featuring the brand name in white, bold, uppercase letters on a red rectangular background.

## Roasted Butternut Squash Spread

Preparation time: 45 minutes

Recipe by: Ryvita



### INGREDIENTS

½ Butternut small squash (approx. 350g), cut into 1in pieces

1 tsp ground cumin (2g)

2 cloves garlic, grated (6g)

1 tbsp. olive oil (12.6g)

150g chickpeas, drained reserving the liquid from the tin

4 Ryvita Lightly Salted Rye Cakes (64g)

1 tbsp. mixed seeds, toasted (15g)

### METHOD

1. Preheat the oven to 200C/180C fan/gas mark 6.
2. On a baking tray toss the butternut squash with the cumin, garlic and oil. Roast in the oven for 30-35 minutes or until the squash is soft and starting to caramelize around the edges.
3. Blitz the squash in a food processor with the chickpeas, 100ml of chickpea liquid and some seasoning until smooth. Serve on top of the rye cakes with some seeds sprinkled over.

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