



Macrobiotic Cooking With Theresa

Buttercup Squash Pie...plain and simple

- A 2-3 lb buttercup squash
- 1 cup water
- ¼ tsp. sea salt
- ½ cup barley malt
- 1 Tablespoon kuzu
- 1 cup chopped pecans or walnuts



Wash squash, cut and remove seeds.

Cut squash into chunks and bring to boil in water with sea salt.

Cover and simmer on medium until soft (about 20 minutes).

Puree, return to pot and add barley malt. Simmer until blended.

Dissolve kuzu in 1 tbsp. cool water and add to squash stirring constantly to prevent lumps.

Continue stirring for 2 minutes and remove pot from stove while preparing pie crust.

Scoop filling into pie shells and top with chopped nuts.

Pop into oven @ 350F and bake for 30 minutes.

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