

# Coconut Quinoa with Caramelized Butternut Squash, Snow Peas and Coconut Sunflower Seed Clusters

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Summer

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For the butternut squash:

1 small butternut squash peeled, seeded, and cubed

1 Tbs coconut oil

1 tsp coconut aminos

salt and pepper to taste

For the clusters;

1/4 cup coconut nectar

1 Tbs coconut oil

1 cup shredded coconut

1 cup sunflower seeds

For the quinoa:

1 cup of quinoa rinsed and drained

1- 13.5 ounce can of coconut milk

For the dressing:

2 Tbs lime juice

1 Tbs seasoned rice wine vinegar

1 Tbs olive oil

6 oz snow peas

**The Method:**

- Preheat the oven to 350 degrees.
- whisk together the coconut oil and the coconut aminos.
- Toss the cubed butternut squash in the mixture to coat.
- Add salt and pepper to taste.

- Place on a sheet pan that has parchment paper or a Silpat and roast until caramelized, about 20 minutes.
- While the butternut squash is cooking, make the sunflower coconut crunch.
- Mix together 1/4 cup coconut nectar and 1 Tbs coconut oil.
- Fold in sunflower seeds and shredded coconut.
- Spread the mixture on another parchment or silpat-lined baking sheet and place in the oven for 7 minutes or until toasted.
- Remove from oven and let cool to become crispy, then break it up into a crumble.
- Next, cook the rinsed quinoa in the coconut milk until the milk is absorbed.
- Whisk the lime juice and the vinegar into the olive oil and set aside.
- Once the butternut squash is cooked and the crunch is cooled,
- Fold the squash into the quinoa, add the snow peas, toss with the dressing.
- Finish with the crumble.
- Eat mindfully and enjoy.

Summer

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