

Instant Pot: Squash Pudding

My childcare kids LOVE squash pudding. Don't be fooled by the name. It's really just squash but there is something that happens in the kids' brain when I say "squash pudding" that makes squash so much more tasty. Try it on your kids or grand kids.

One of my kids asked for my squash recipe so thought I would add it here to the blog. Our kids like when I do that as then they can always find the recipe back.

Now that I have an [Instant Pot Pressure Cooker](#) I modified my recipe to make things even easier.

I take one butternut squash. I quarter it and clean out the seeds. I put a trivet into the bottom of my [Instant Pot Pressure Cooker](#). I add 1 1/2 cups of water and then put the squash in.



I set the cooker on manual for 18 minutes. It would be done quicker but I like to be sure it's really done as we will be pureeing it later.



I release the pressure once it's done and then after 15 minutes or so, I scoop out the flesh. I often put an oven mitt on my hand to protect it from the heat.



I end up with a pot of flesh like this...



Then I add:

1/2 cup of brown sugar

3 Tablespoons of butter

1/4 cup of milk

Then I take my immersion blender and blend it all until it's creamy. Depending on the moisture of your squash, you might need to add a little more milk to get the consistency you prefer. If you don't have an immersion blender, a food processor or regular blender could work. Depending on the size you might have to do it in batches rather than all at once.



It's not much to look at, but this is how it looks when finished.



This is the best loved veggie here at my house as far as the childcare kids are concerned. They love it!!