

# Squots

THM-Friendly: FP

- 1 1/2 cups kabocha squash\*, steamed and mashed
- 3 Tbsp. egg whites
- 2 Tbsp. [Baking Blend](#)
- 1 Tbsp. [nutritional yeast](#)
- 1/4 tsp. [mineral salt](#)
- 1/8 tsp. pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/8 tsp. cayenne

Preheat an air fryer to 425°.

Roll into tot shapes using 1 - 2 Tbsp. of squash batter.

Place in the air fryer for 7 minutes. Flip and "fry" for 3 more minutes.

Place on a plate and let cool. Pair with your favorite dipping sauce.

enJOY!

\*Sunrise kabocha squash was used. Other winter squashes could be used. However, be mindful that it might be more wet and more Baking Blend may be needed. It needs to be a rollable, not super sticky, consistency.

