

Roasted Butternut Squash Harvest Bowl

Nutrition Naturally Forever

Supporting Your Body During the Last Quarter Moon

As the moon begins to wane, your body naturally enters a slower, more reflective phase.

Just as nature starts to conserve its energy before a new cycle begins, this is a time to nourish rather than restrict, replenish rather than push.

The Last Quarter Moon mirrors the luteal phase of the menstrual cycle, when progesterone becomes increasingly important.

Although progesterone levels naturally decline during menopause, your body continues to produce this calming hormone, making it even more important to protect it by reducing stress and providing the nutrients your body needs to thrive.

This Roasted Butternut Squash Harvest Bowl is packed with magnesium-rich pumpkin seeds, vitamin B6, fibre and healthy fats to help support your nervous system, maintain steady energy and encourage healthy hormone balance.

The combination of quinoa, butternut squash and colourful vegetables provides slow-releasing carbohydrates to help keep blood sugar stable, something that becomes especially important during this phase when cravings and energy dips are common.

Rich in antioxidants from kale, cranberries and squash, this nourishing bowl also helps protect your cells from oxidative stress while supporting your immune system and overall wellbeing. Meanwhile, fibre from quinoa and vegetables nourishes your gut microbiome and supports your body's natural ability to metabolise and eliminate hormones.

Rather than seeing increased hunger or the need for rest as something to resist, let this phase be a reminder to slow down, honour your body's changing needs and choose meals that truly nourish you. Working with your body's natural rhythm is one of the simplest ways to support a healthier, more balanced menopause.

☐ **Moon Kitchen Tip:** This is the perfect time to embrace warming, comforting meals, prioritise rest, protect your boundaries and remember that nourishment is one of the kindest things you can offer your body.

Ready to make healthy eating feel effortless?

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download my **FREE Menopause Pantry Resource** and discover:

- ✓ The Menopause Pantry Principles
- ✓ A practical pantry checklist
- ✓ Tips to help you thrive through menopause with real food

☐ **Get instant access**

Roasted Butternut Squash Harvest Bowl

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash

Use sweet potato, carrots or beets instead.

Save Time

Use frozen bagged butternut squash.

Leftovers

Keeps well in the fridge up to 3 - 4 days.

Extra Flavour

Toss the butternut squash in cinnamon before roasting.

Ingredients

560 grams Butternut Squash (diced into cubes)

30 milliliters Extra Virgin Olive Oil (divided)

128 grams Quinoa (uncooked)

296 milliliters Water

168 grams Kale Leaves (finely chopped)

15 milliliters Balsamic Vinegar

Sea Salt & Black Pepper (to taste)

65 grams Pumpkin Seeds

61 grams Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	394	Vitamin D	0IU
Fat	18g	Vitamin E	4mg
Carbs	52g	Vitamin K	170µg
Fiber	8g	Thiamine	0.3mg
Sugar	14g	Riboflavin	0.3mg
Protein	12g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	33mg	Folate	132µg
Potassium	953mg	Vitamin B12	0µg
Vitamin A	16910IU	Phosphorous	415mg
Vitamin C	69mg	Magnesium	222mg
Calcium	205mg	Zinc	3mg

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Iron

5mg

Selenium

5µg