

Mashed Butternut Squash



Prep: 20
Cook: 25



Serves: 4-6



Ingredients:

- 2 butternut squash
- coconut oil or olive oil
- 1 tbsp. of cinnamon
- *1 tbsp. of honey, maple syrup or brown sugar
- *1 tbsp. butter

*optional



Follow these 3 easy steps:



1

1. Preheat oven to 425 F. Cut the squash in half lengthwise, scoop out the seeds, and brush with coconut oil or olive oil.



2

2. Place the two halves cut side up on a lightly greased baking sheet & roast for about 45 minutes or until fork tender.

3. Scoop the flesh of the squash and put into bowl, add cinnamon, nutmeg, and optional honey, maple syrup or brown sugar. Mash together with a until it is combined to your liking.

3



And voila! It's done!



My kids love this as a side and for a treat we'll add in marshmallows sometimes!