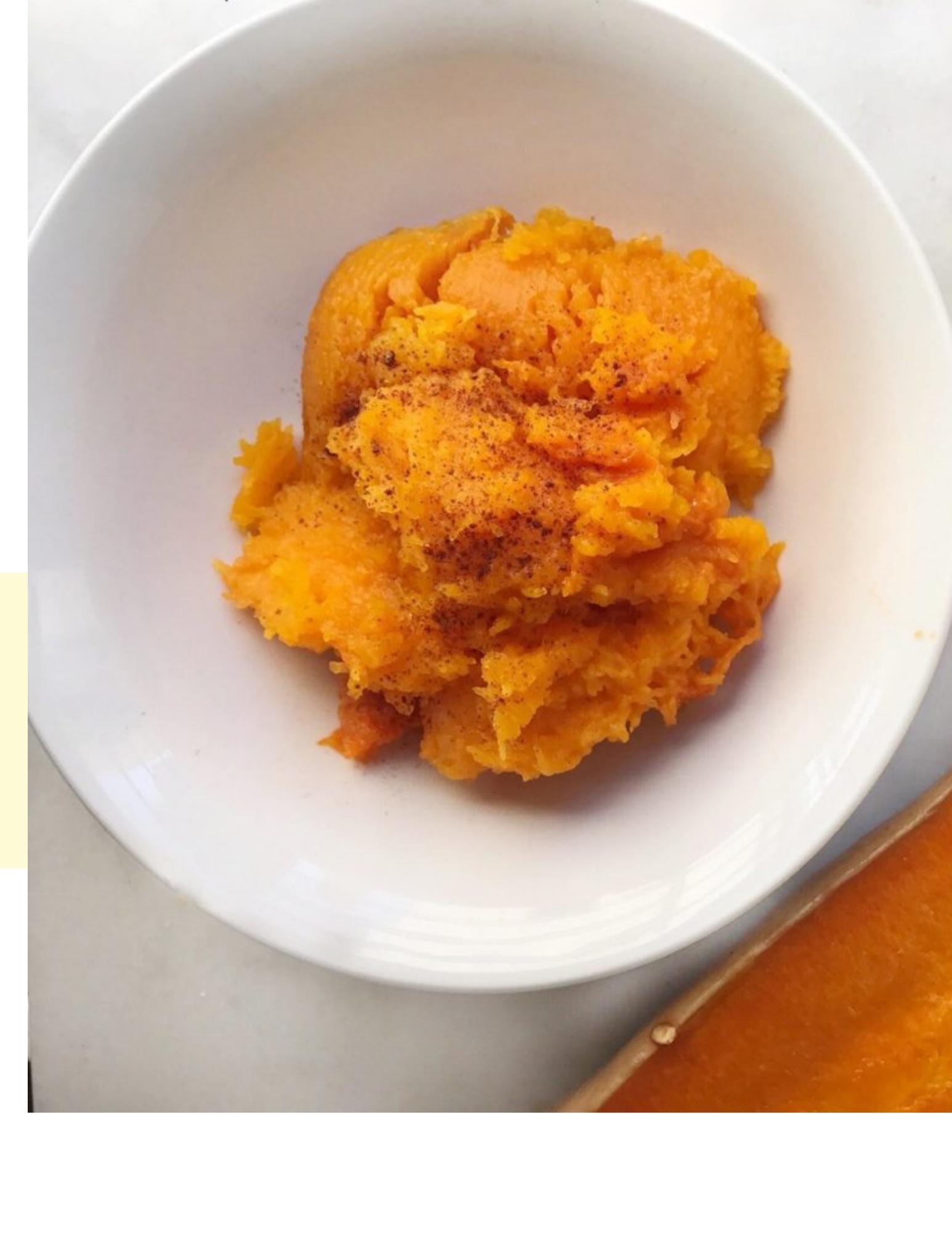


Mashed Butternut Squash

Prep: 20
Cook: 25

Serves: 4-6



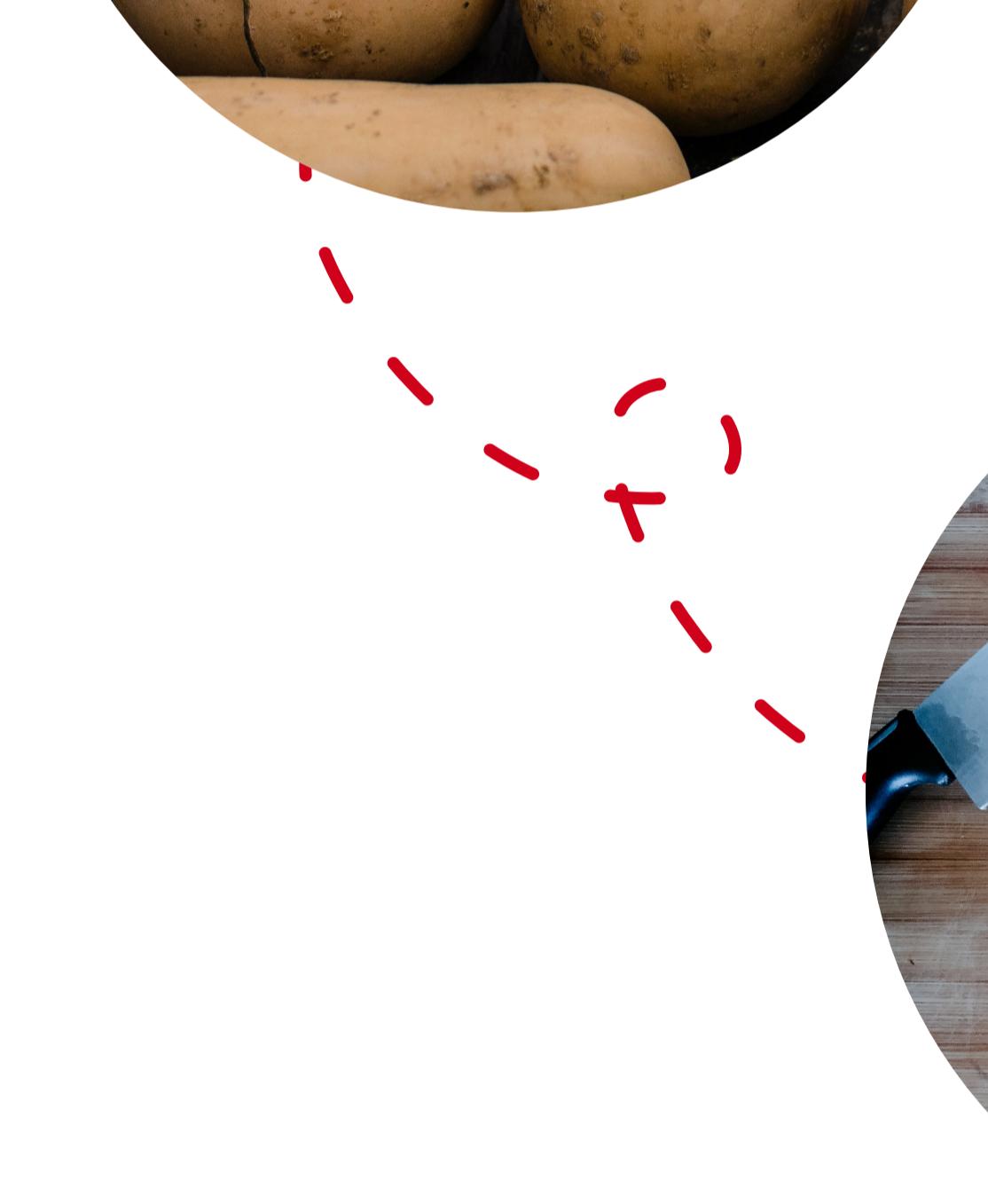
Ingredients:

- 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

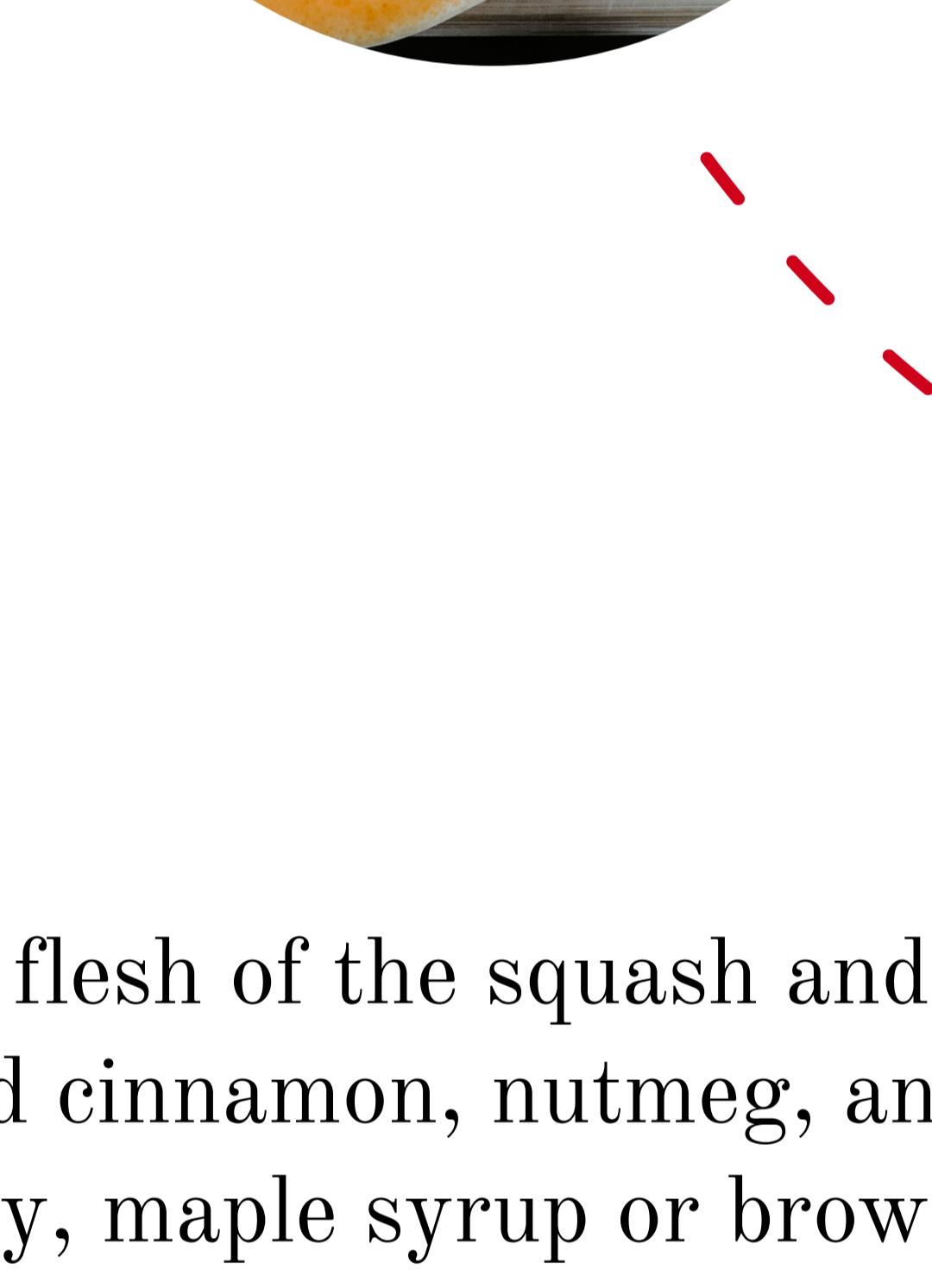


Follow these 3 easy steps:



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

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.

And voila! It's done!



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