

Squash Apple Bake

(from Diet.com)

POINTS® Value: 1

Servings: 4

Ingredients

2 1/2 cup butternut squash, diced (you can also use Acorn or Hubbard Squash)

1 1/2 cup apple(s), diced

1/2 tsp freshly grated nutmeg

1 tsp ground cinnamon

1 tbs sugar free maple syrup

Instructions

1. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
2. Sprinkle spices & drizzle syrup over top layer. Cover with aluminum foil.
3. Bake at 350 degrees for 45-60 minutes, until squash is tender.

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