

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Maple Pecan Butternut Squash

From www.civilizedcavemancooking.com

Serves 4

2 pounds butternut squash, peeled and cubed
1/4 cup maple syrup
2 tablespoons coconut oil, melted
sea salt to taste
1 cup crushed pecans
1 cup dates, pitted and diced

1. Preheat your oven to 400° F.
2. Place your butternut squash in a large bowl with your maple syrup and coconut oil and mix well to coat the squash.
3. Place your squash on an aluminum foil lined baking sheet and then sprinkle liberally with sea salt.
4. Place in the oven for 30 minutes.
5. Remove your squash from the oven, place back into your large bowl and add your pecans and dates and toss to combine.
6. Place your squash back on your baking sheet and cook for another 10 minutes.
7. Remove from the oven and serve immediately or let cool and enjoy cold.