

Cinnamon Spiced Butternut Squash

Ingredients:

- 1 large butternut squash (about six cups, chopped)
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon sea salt (more if desired)
- 1 tablespoon coconut oil
- 1 clove garlic, minced (optional)

preheat oven to 375° F



Directions:

1. Peel and remove seeds from squash. Cut into bite size chunks.
2. Arrange on a baking sheet in single layer.
3. Over low heat in a small saucepan, melt coconut oil with spices and salt. Drizzle over squash and stir with a spatula or spoon to coat thoroughly.
4. Bake uncovered for 20 minutes. Remove, carefully turn the squash with spatula. If using garlic add at this time - sprinkling over the squash.
5. Return to oven and bake for 10 more minutes or until squash is tender.

Notes: