



Recipes

Other Vegetables

Butternut Apple Skewers

Prep Time: 10 minutes

Cooking Time: 32 minutes

Yield: 8-10 servings

Ingredients:

- 1 medium butternut squash
- 3 teaspoons cinnamon
- 2 teaspoons nutmeg
- 2 tablespoons ghee or coconut oil, melted
- 2 tablespoons almond or cashew butter
- ½ lemon, juiced
- 2 tablespoons maple syrup
- 3-4 apples, chopped
- 8-10 wooden skewers

Directions:

1. Preheat oven to 375 degrees.
2. Peel and dice butternut squash into about 1-inch cubes.
3. Mix together the spices, ghee or oil, nut butter, lemon juice and maple syrup. Add a bit of water if too thick (should be like a thick dressing).
4. In a bowl, pour 2/3 of the mixture over squash and toss, covering all the pieces evenly.
5. Place squash on a baking sheet and into oven for 20 minutes.
6. Mix apple into remaining sauce mixture.
7. Remove squash from oven and allow to cool for a few minutes.
8. Alternate apple and squash pieces on skewers.
9. Put back into the oven and bake for 15 minutes or until both are soft.

Notes:

- These are great as an appetizer, dessert or snack.
- They will keep in the fridge for about 3 days.