

Maple Roasted Winter Squash

A mix winter squash roasted with a savory and sweet seasoning – SO good and a huge hit with the family!



Ingredients

1 small Acorn squash unpeeled, halved through the stem, and seeded

1 small Blue Hubbard squash unpeeled, halved through the stem, and seeded

1 small Butternut squash unpeeled, halved through the stem, and seeded

3 tablespoons pure maple syrup, sugar free

3 tablespoons of olive oil

Directions

Preheat oven to 400 degrees.

Carefully cut Acorn squash, Blue Hubbard squash, and Butternut squash in half through the stem and deseed.

Carefully cut unpeeled Acorn squash, Blue Hubbard squash, and Butternut squash into bite size cubes

In a large mixing bowl, toss all the squash together with olive oil.

Place squash on a sheet pan lined with parchment and

Coat 3 tablespoon of Sugar Free Maple Syrup on squash

Bake for 40-45 minutes, tossing every 15 minutes, to allow for even browning.