



EASY BUTTERNUT BREAKFAST

MAKES 1 SERVING

Ingredients:

- 1 c butternut squash, cooked and cubed
- 1 Tbsp pure maple syrup
- 2 Tbsp chopped walnuts or pecans

Directions:

Preheat the oven to 350 degrees. Place butternut squash on a baking sheet and cook in the oven until tender, approximately 45 minutes. Remove squash from the oven and allow it to cool. Cut the squash in half lengthwise, scoop out the seeds, remove the skin, and cube. Place warm butternut squash cubes in a small bowl. Top with maple syrup and nuts. Store any unused squash in an airtight container in the fridge.