Disney PLANES FIRE & RESCUE

BUTTERNUT SQUASH APPLE BAKE

Sweet Side Dish!

This recipe is meant to be prepared by an adult. Children should only help under close supervision.

Butternut Squash & Apples Baked to Perfection!

INGREDIENTS:

- 2 lb. Butternut Squash peeled and cut into 1/3 inch cubes
- 3 Granny Smith Apples (medium) peeled and cut into 1/3 inch cubes
- 1/3 cup Dark Brown Sugar
- 2 tsp. All-Purpose Flour or Gluten-Free Flour Mix
- 1/4 tsp. Ground Cinnamon
- 3 Tbsp. Organic Butter, melted

PREPARATION:

1) Preheat oven to 350°.
2) Coat baking pan (15” x 10” x 1”) with coconut oil cooking spray.
3) Spread out squash in one even layer on your pan.
4) Layer apple rings evenly on top of your squash.
5) Combine brown sugar, flour and cinnamon together in a mixing bowl and sprinkle over the top of your apples.
6) Melt butter and drizzle over the top.
7) Cover pan loosely with aluminum foil and bake for 45 minutes.
8) Test for desired consistency and cook longer if needed.
9) Remove pan from the oven and let cool for a few minutes before serving.

Makes 8 servings.

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