Integrative Health



CINNAMON BUTTERNUT SQUASH

Ingredients:

- 1 large butternut squash, peeled, seeded, and cut into 1-inch cubes
- 1 ½ tablespoons extra-virgin olive oil
- 1 ½ tablespoons pure maple syrup
- 1 ¾ teaspoons kosher salt
- ¾ teaspoon ground cinnamon
- ½ teaspoons ground black pepper
- 1 Tablespoon chopped fresh rosemary

Directions:

- 1. Preheat oven to 400 degrees and cover two backing sheets with parchment paper.
- 2. In a large bowl, tos and coat squash cubes with olive oil, maple syrup, and spices.
- 3. Divide the squash between the baking sheets, spread into a single layer.
- 4. Bake for 15 minutes at 400 degrees F. After 15 minutes, remove the pans, turn the squash with a spatula, and return to the oven.
- 5. Bake until the squash is tender (about 10 to 15 additional minutes).
- 6. Remove from the oven, and scatter rosemary over the top.
- 7. Serve warm and enjoy!

