

Butternut Squash Apple Bake

- 2 lb butternut squash, peeled, seeded, quartered and cut into thick slices
- 3 apples, peeled, core removed and cut into chunks
- 1 c fresh cranberries
- 3/4 c pecan halves
- 1/3 c coconut or brown sugar
- 3 T butter (1/3 of a stick)
- 1 T flour (for gluten free, omit or use coconut flour)
- 1/2 t sea salt
- 1/2 t ground nutmeg

Preheat oven to 350°F. Put squash cubes in a large baking dish. Place apples on top and then pecans and cranberries. Mix the flour, salt, sugar and nutmeg and sprinkle on top. Dot with butter. Bake 50-60 minutes. Serves 8-10.

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