

Sweet & Spicy Carnival Squash

prep & cook 35mins ★ yields 4 servings

INGREDIENTS

2 small carnival squash
coconut oil
coconut or brown sugar
cayenne pepper
ground cinnamon
all spice
cashew or almond butter

INSTRUCTIONS

Preheat oven to 375F and grease a medium baking sheet with oil. Set aside. Cut tops and bottom off of squash and slice into rings. Cut out center of each ring to remove seeds.

Place rings on greased baking sheet and drizzle with oil, about 1-2 tablespoons. Lightly sprinkle on cayenne pepper (to taste), ground cinnamon, all spice and coconut sugar. Be sure squash is evenly coated.

Bake for 20 minutes before checking and gently flipping over. Sprinkle with more seasoning and sugar if you wish, bake for another 10-20 minutes until soft.

Allow squash to cool before serving. Drizzle with cashew or almond butter and enjoy!

