

Squash Crisp

Ingredients:

- 1 winter squash
- 1 apple (1/2 cup apple sauce)
- 2 tbsp coconut sugar
- 1 tsp of each: nutmeg & cinnamon
- ½ tsp curry
- ½ cup oatmeal
- ¼ cup coconut oil
- sea salt



Squash: Bake the squash in a 400F oven – this will take 1 hour depending on size of squash

Scoop out the baked squash and put in a mixing bowl then mash with potato masher

Add the following to the mashed squash and mix well:

- apple sauce (I cut up an apple and blended it with ½ cup water)
- 2 tbsp coconut oil
- seasoning: sea salt, nutmeg, cinnamon & curry (optional)

Put this mixture in a casserole (first oil this dish with coconut oil)

Crisp: In the now empty mixing bowl add the following:

- oatmeal
- 2-3 tbsp coconut oil (palm oil can also be used)
- coconut sugar
- nutmeg and cinnamon

Mix this with a pastry cutter until a coarse texture

Spread this over the mashed squash

Bake at 375F for 20-230 minutes until golden then serve hot



Squash Carrot Soup

I always enjoy a hot bowl of soup after a cold day during the winter months. Here is an easy one that will use up some of your root vegetables.

Ingredients: makes 4-6 servings

- 2 tbsp coconut oil
- ¼ cup finely chopped onion
- ¼ cup sliced celery
- 2 cloves garlic
- 2 tsp dried basil or 3 tbsp fresh basil chopped
- 1 tsp sea salt

- 1 tsp turmeric
- 1 cup diced raw carrots
- 2 cups diced raw squash
- 3-4 cups water

1. In a saucepan add:
The coconut oil, onion, celery, garlic, basil & seasoning and sauté until tender.
2. Add the carrots, squash and water and cook on medium heat for 45 minutes.
3. Once the carrots are tender then transfer to your blender and puree until creamy.
4. Serve hot after a big raw salad.

