

## Stuffed and Baked Butternut Squash

### Ingredients

½ cup	raw cashews
¼ cup	flax seeds
½ cup	chopped dates
1/3 cup	raisins
½ tsp.	cinnamon
¼ tsp.	nutmeg
1 tsp.	vanilla
1	Butternut Squash
2	Honey Crisp apple

### Preparation

- Add all but squash and apple into grinder and grind. You may have to grind the flax seeds and cashews slightly first and then add the remaining ingredients and finish grinding.
- Set aside
- Cut the squash lengthwise and hollow it out by removing seeds and stringy stuff.
- Core and dice one Honey Crisp apple and mix with ½ of the ground mixture.
- Stuff both halves of the Butternut Squash with the diced apple mixture
- Bake in 350 degree oven in baking dish with ½ inch water in bottom of pan.
- Bake for 40 minutes.
- Just after putting squash in the oven, thinly slice (1/8 inch) wedges of another cored Honey Crisp apple and set aside with the remaining half of the ground mixture.
- When Butternut Squash is 8 to 10 minutes away from being done, remove from oven and spread or dab ground mixture on flat area of squash
- Cover with the thin slices of apple wedges.
- Finish baking for 8 – 10 minutes or until squash is completely cooked.