

Baked Acorn Squash with Apples



INGREDIENTS

1 pound acorn squash

- 3 cups sliced apples
- 2 cups unsweetened apple juice
- ¼ teaspoon cinnamon
- ¼ cup chopped walnuts, toasted

NOTES

- Sprinkle [Gimme More Granola](#) on top.
- Add unsweetened coconut flakes.
- Substitute walnuts with pecans

INSTRUCTIONS

Preheat oven to 350 degrees. Cut squash cross-wise into rings. Discard seeds and pulp. Then cut squash rings and apple slices into 1 to 1 1/2-inch cubes.

1. Place in a 9 x 13-inch baking dish. Mix cinnamon with apple juice, and pour over squash and apples. Bake 15 minutes. Stir well, and bake another 15-20 minutes. Top with topping of choice.

2. To serve, place about 1 cup of squash and apples in a bowl, and top with 1 tablespoon apple juice and 1 tablespoon walnuts.
3. Yield: 4 servings (serving size: about 1 cup)