

Maple Vanilla Squish Squash

 Gluten-free, vegetarian

This is a great dessert or side dish for your autumn meals!

Ingredients:

1 medium butternut squash (about 2 cups)

2 tablespoons butter

¼ cup maple syrup

1 ½ teaspoons vanilla extract

¼ teaspoon salt

1. Preheat oven to 350°F.
2. Cut squash in half, remove seeds, place on greased baking sheet, and cook until squash is tender.
3. Remove squash from oven and cool.
4. Scoop into a bowl and mash squash until smooth.
5. Add butter, syrup, and vanilla and stir until butter is completely melted, then serve.

