

ROASTED BUTTERNUT SQUASH

Time: 60 minutes

Serves: 4

Ingredients:

1kg butternut squash – peeled and cubed
25g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)
2g salt
2g garlic powder

Preparation:

Preheat your oven at 220C.

Place the squash cubes on a baking sheet.

In a small bowl, whisk together the oil, salt, and garlic powder.

Drizzle the oil mixture over the squash cubes and turn them to evenly coat.

Place the squash in the oven, turning occasionally for 50 minutes or until browned to your liking.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 152	Hand-Size Portion Guide
Fat: 6g	Palms of Protein: 0
Carbs: 26g	Fists of Vegetables: 2
Fibre: 8g	Cupped Hands of Carbs: 0
Protein: 2g	Thumbs of fat: 0