



## Roasted Butternut Squash

**Active Time:** 5 minutes | **Total Time:** 45 minutes | **Serves:** 8

### Nutrition Information Per Serving

60.5 calories, 14.32 g carbohydrate, 2.45 g fiber, 11.87 g NET carbs, 1.23 g protein, 0.75 g fat

#### Ingredients

- 1 tsp organic coconut oil
- 1 medium organic butternut squash

#### Preparation

1. Preheat oven to 350.
2. Carefully slice butternut squash in half and scoop out seeds.
3. Grease a cookie sheet with coconut oil.
4. Place squash flesh side down on the cookie sheet and bake 45 minutes.
5. Allow to cool slightly, then slice and serve.

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