Squash Apple Bake Recipe

**SERVINGS: 6**

**INGREDIENTS**

1 medium butternut squash, peeled & cut into ¾ inch cubes  
2 medium apples, peeled, cored, and cut into thin wedges  
1 Tbsp Splenda  
1 Tbsp all-purpose flour  
¼ cup melted butter  
½ tsp salt  
2 tsp ground cinnamon

**DIRECTIONS**

1. Mix squash and apples together in a casserole dish.
2. Combine other ingredients and spoon over squash and apples and mix together.
3. Bake, covered, at 350 degrees F for 50-60 minutes, or until tender.
4. If you like a crispier topping, take lid off casserole dish for last 10 minutes of cooking

**NUTRITIONAL ANALYSIS PER SERVING (1/6 of a pan)**  
Calories: 133  
Fat: 8 grams  
Protein: 1 gram  
Carbohydrate: 17 grams  
Cholesterol: 20 mg  
Sodium: 445 mg  
Sugar: 8.3 grams