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