

Butternut Cinnamon Rounds

Makes 5-6 servings

Gluten Free
Grain Free
Dairy Free

1 medium butternut squash, sliced into ¼ inch circles (neck only, not the “bowl” part with seeds)
1 Tablespoon organic virgin coconut oil
1 teaspoon cinnamon
3 drops stevia, if desired
Pecans, if desired

Directions:

1. Wash and slice the butternut squash (you do not have to peel it). Preheat the oven to 350 degrees.
2. On a baking sheet lined with unbleached parchment paper, arrange the butternut circles. Mix together the oil, cinnamon and stevia into a paste. Spread the mixture onto each butternut circle and sprinkle with chopped pecans if desired.
3. Bake at 350 degrees for 20-30 minutes or until fork tender.
4. Enjoy and pretend you are eating a healthy cinnamon roll! 😊



Recipe from the Cook 2 Flourish blog ~ www.cook2flourish.com