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FIRE & RESCUE



BUTTERNUT SQUASH Sweet Side Dish! **APPLE BAKE**



This recipe is meant to be prepared by an adult.
Children should only help under close supervision.

**Butternut Squash
& Apples Baked to
Perfection!**

INGREDIENTS:

- 2 lb. Butternut Squash peeled and cut into 1/3 inch cubes
- 3 Granny Smith Apples (medium) peeled and cut into 1/3 inch cubes
- 1/3 cup Dark Brown Sugar
- 2 tsp. All-Purpose Flour or Gluten-Free Flour Mix
- 1/4 tsp. Ground Cinnamon
- 3 Tbsp. Organic Butter, melted

PREPARATION:

- 1) Preheat oven to 350°.
 - 2) Coat baking pan (15" x 10" x 1") with coconut oil cooking spray.
 - 3) Spread out squash in one even layer on your pan.
 - 4) Layer apple rings evenly on top of your squash.
 - 5) Combine brown sugar, flour and cinnamon together in a mixing bowl and sprinkle over the top of your apples.
 - 6) Melt butter and drizzle over the top.
 - 7) Cover pan loosely with aluminum foil and bake for 45 minutes.
 - 8) Test for desired consistency and cook longer if needed.
 - 9) Remove pan from the oven and let cool for a few minutes before serving.
- Makes 8 servings.*

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