Butternut Cinnamon Rounds

Makes 5-6 servings



1 medium butternut squash, sliced into ¼ inch circles (neck only, not the "bowl" part with seeds)

1 Tablespoon organic virgin coconut oil

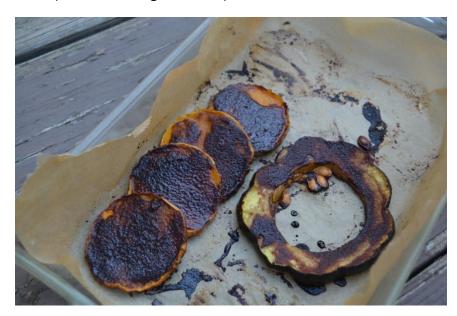
1 teaspoon cinnamon

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