

Butternut Squash in Cinnamon with Black Beans

This one is easy...

- Pre-heat oven to 400F
- 10 cups of Butternut Squash cut into little cubes. (Approximately 3 squash depends on size.

My tip on preparing butternut squash can be found here:

<https://youtu.be/KQ7DM-BKH14>

- 2 Tablespoons of Cinnamon
- 2 Tablespoons of melted Extra Virgin Coconut Oil



Sprinkle the Cinnamon on the cut up squash add the Coconut Oil then stir and coat the squash well.

I use a silicone cooking mat but you could use parchment paper to line the cooking sheet. Once you get the squash well coated, add them to the cooking sheet, trying to make sure no squash is on top of the other. You may have to use two pans depending on the size of the pans.

Cook for 40 minutes.

This is enough to last me a week and it keeps pretty good.

In the mornings, I get my serving of black beans and mash them up. Add the squash and heat up for about 2 minutes.