



DESSERT

## BUTTERNUT SQUASH AND APPLE CRUMBLE

Serves 12,  $\frac{3}{4}$  cup per serving

Prep time: 15 minutes • Cook time: 80 minutes



### Nutrition Facts

Serves 12	
<b>Serving Size</b>	<b>3/4 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>186</b>
% Daily Value*	
<b>Total Fat</b> 7.3g	11%
Saturated Fat 2.8g	
Trans Fat 0g	
<b>Cholesterol</b> 10.2mg	3%
<b>Sodium</b> 3.5mg	0%
<b>Total Carbohydrate</b> 29.7g	10%
Dietary Fiber 3.4g 14%	
Sugars 18.6g	
<b>Protein</b> 2.3g	5%

RECIPE BY:  
Food & Nutrition Magazine  
– McKenzie Hall, RDN

### INGREDIENTS

- 1 medium **butternut squash**
- 4 small sweet **apples**
- 1 cup golden raisins
- $\frac{1}{4}$  cup granulated sugar
- $\frac{1}{4}$  cup apple juice
- 2 tsp ground cinnamon
- $\frac{1}{2}$  tsp ground nutmeg
- 1 tsp vanilla extract
- 1 cup whole rolled oats
- $\frac{1}{2}$  cup chopped walnuts
- $\frac{1}{4}$  cup butter, room temperature

#### Optional Ingredients

- $\frac{1}{4}$  cup ground flaxseeds

### DIRECTIONS

1. Preheat oven to 400°F.
2. Peel, remove seeds, and cube squash.
3. Cut apples into cubes.
4. In a large mixing bowl, combine squash, apples, raisins, sugar, apple juice, cinnamon, nutmeg, salt, and vanilla extract. Toss ingredients together until evenly coated with spices. Pour mixture into a 9-by-13-inch casserole dish.
5. In a medium bowl, combine oats and walnuts. If using flaxseeds, add them now. Use hands to knead butter into the mixture until it resembles coarse breadcrumbs. Spread evenly over the spiced squash and apple mixture.
6. Cover casserole dish with foil. Place in oven and bake for 50 minutes.
7. After 50 minutes, remove foil and continue to bake an additional 15 minutes or until the top is golden and the squash and apples are tender. Remove casserole dish from the oven and let cool for at least 15 minutes before serving.

### CHEF'S NOTES

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts. Or, omit nuts if someone has an allergy.