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Cranberry Acorn Squash

Ingredients:

- ½ cup raw fresh cranberries
- 1 small apple, cored, and chopped into small pieces
- ¼ cup currants (can substitute with raisins)
- ½ cup orange juice or apple cider
- 1 ½ tbsp raw honey or maple syrup
- 1 tbsp melted butter flavored palm oil (Spectrum)
- Sea salt to taste
- 2 acorn squash, cut in half with seeds removed

Directions:

1. Heat oven to 350°.
2. Combine all ingredient except the acorn squash in a sauce pan. Heat until the berries are just tender.
3. Place squash in an oven proof dish.
4. Fill cavities with mixture.
5. Cover dish and bake until squash is tender, about 35 – 45 minutes.