



Are on the lookout for a side dish that's as delish as it is healthy? Look no further: Butternut squash is where it's at. The nutrition and health benefits of butternut squash are a plenty.

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AUTUMN IN THE MITTEN

Roasted Butternut Squash and Pecan Soufflé

3½ cups peeled, roasted butternut squash,
sweet potato, or carrots
4 eggs
½ cup melted butter
½ cup maple syrup or sugar-free,
all-natural syrup

1 teaspoon baking powder
1 teaspoon vanilla
1 teaspoon sea salt
½ teaspoon cinnamon
½ teaspoon nutmeg
3 tablespoons gluten-free,
all-purpose flour

For the topping:

1 ½ cups lightly chopped pecans
½ cup maple syrup
¼ cup melted butter

¼ cup gluten-free oatmeal
¼ cup gluten-free, all-purpose flour

Preheat the oven to 350°F. Mix all ingredients for filling with an electric mixer until smooth and pour into a 6 cup casserole dish. Mix all ingredients for topping and spread gently across top.

Place uncovered casserole into the oven and bake for 45 minutes.

Serves: 6.

