



Butternut Squash Fries/Cubes – my own recipe!

1 butternut squash (I often buy this pre-cubed or even already in fry shape)
2 Tb melted coconut oil
Salt & pepper to taste

Preheat oven to 375. Peel and chop butternut squash or, if you found it pre-cubed, just slice the cubes into little fries and put onto a sheet pan (if you were lucky enough to find it in fry shapes already, just dump them onto a sheet pan). Toss with coconut oil, salt & pepper. Cook for 30 minutes or until golden brown and serve!