



Maple Butternut Pecan + Cranberry Salad

Plant-Based + Vegetarian + Vegan

I highly recommend sourcing your ingredients from local farmers and providers so that you're creating a positive impact on your community's economy and contributing to national sustainability efforts! For United States residents, the USDA is a great resource for finding local farmers to connect with and for learning about how to locate your nearest farmers market! You can find more at <https://www.ams.usda.gov/local-food-directories/farmersmarkets>



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Preheat your oven to 375 degrees. Place your squash and pecans on a baking sheet. Next, you'll pour your maple syrup, cinnamon, and brown sugar directly onto the pan, using a tongs to mix all the goodness together, coating the squash and pecans evenly. Place them into the oven for 20 minutes, flipping the squash cubes halfway through. Once roasted, place them into a bowl and top with unsweetened dried cranberries. Butternut squash is high in fiber, Vitamin A, and potassium (P.S- potassium works as a counter agent to sodium, so if you're takin' in all the fruits and veggies, you can eat as much high-sodium salsa as you please without bloating/fatigue). It also possesses B-vitamins thiamin & pyridoxine which help your body use the food you eat for energy instead of storing it away or digesting improperly. All nuts rock, pecans are full of healthy fats and are a great source of protein and fiber. Pecans also provide your body with 19 micronutrients which are all vital in sustaining a happy mind and body. Enjoy this healthy dessert!

Ingredients

- 1 cup cubed butternut squash
- 1/4 cup raw organic pecans
- 1 tbsp unsweetened dried cranberries
- 2 tbsp sugar-free maple syrup
- 1/2 tbsp cinnamon
- 1 tbsp stevia brown sugar