

Simple Slow Cooker Squash: [back to recipe](#)

INGREDIENTS:	DIRECTIONS:
<ul style="list-style-type: none">• 1 butternut squash (or any type of squash)• 2T. brown sugar or maple syrup (optional)• 1 t. cinnamon (optional)	<ul style="list-style-type: none">• Wash squash and place in slow cooker (NO water or broth or anything else, just the squash).• Cover and cook on low for 6-8 hours.• Place cooked squash on a cutting board and cut in half.• Scoop out seeds (discard seeds or save them to roast).• Scoop squash flesh out of skin (it will be as soft as butter).• Eat as-is or enjoy with a little brown sugar, maple syrup, and/or cinnamon.

Serves 4

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