



Maple & Spice Spaghetti Squash

2-4 servings

INGREDIENTS

- Spaghetti squash
- 1 tsp. butter
- 1 Tbsp. maple syrup
- Pumpkin pie spice, to taste

Pumpkin Pie spice is a combination of cinnamon, nutmeg, all-spice, ginger and clove.

DIRECTIONS

1. Pre-heat oven to 400°F. Cut squash in half lengthwise. Remove seeds (save for roasting, optional) Put squash on a lined or lightly greased baking sheet cut side down. Bake until fork tender, but still a little firm; about 30 minutes. The time will vary depending on the size of the squash. Remove from oven and carefully turn over squash so it is cut side up. Allow to cool for 5 minutes. Working from the outside to the center, use a fork to separate into long strands. Transfer to dishes.
2. Top with butter, pumpkin pie spice, and maple syrup. Serve hot.

Tip: Treat spaghetti squash as though it were oatmeal, top in the same way. Try adding diced apples and a touch of warm milk.

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