

Baker Curry Apple Squash Mash

This dish is a simple crowd pleaser...

But before you assume this to be a fall savory dish....try it over vanilla ice cream or yogurt too! YUM!

1 Butternut Squash

5 Apples

1 / 15 oz. can Coconut Milk

4 Tbs. Butter/ or Plant Based Butter

3 Tbs. Maple

1 Tbs. One Love Curry (Turmeric, Coriander, Fennel)

2 tsp. Bahamen Baker (or Cinnamon, Black Pepper and Nutmeg)

1 tsp. Salt

½ cup Walnuts or Pecans

Start off by slicing your apples. Next peel and slice your butternut squash, removing the seeds. Oil a large, 9 X 13 baking dish (or two smaller baking dishes) and layer your apples and squash into your dish. Next, top your apples and squash with coconut milk, One Love Curry, Bahamen Baker, maple syrup and salt. Cut your butter into pieces and scatter them over the top of your dish.

Bake your apples and squash in the oven at 400 degrees for 35-40 minutes or until tender.

When your apples and squash have finished baking, mash them with a potato masher, leaving them in bigger chunks to best taste each ingredient.

To serve, place your Apple Squash Mash in a serving bowl and top with chopped pecans or walnuts.

Enjoy this easy & delicious plant-based holiday dish any-time of the year!