

# Acorn Squash



Seeds from winter squash make a great snack food, just like pumpkin seeds. If you scoop the pulp and seeds from inside the squash and separate out the seeds, you can place them in a single layer on a cookie sheet and lightly roast them at 160-170°F (about 75°C) in the oven for 15-20 minutes. By roasting them for a relatively short time at a low temperature you can help minimize damage to their healthy oils. Toss them with your favorite seasoning or spice blends for a crunchy, filling treat!

## Spiced Acorn Squash Cookies

Makes 16 cookies

Prep Time: 10 minutes

Cook Time: 20 minutes

### Ingredients

Wet ingredients

½ medium acorn squash, roasted, peeled

½ cup brown sugar

3 tablespoons creamy peanut butter

¼ cup milk

½ cup unsweetened applesauce

Dry ingredients

1 ¼ cup whole wheat flour

¼ teaspoon baking soda

½ teaspoon nutmeg

1/8 teaspoon salt

½ teaspoon baking powder

1 ½ teaspoon cinnamon

¼ teaspoon clove

1 cup dried cranberries or cherries

### Directions

1. Preheat oven to 350° F. Line a sheet pan with cooking spray or parchment paper.
2. In a large bowl, mash the squash. Add the milk and whip until well combined. Stir in the rest of the wet ingredients. In a medium bowl, whisk the dry ingredients together. Gradually stir the dry ingredients into the wet. The dough will be very stiff. Use your hands to knead the cranberries into the dough.
4. Scoop heaping tablespoons of the dough onto the baking pan about 2" apart. Flatten the cookies into thick discs. Bake for 18-20 minutes, or until golden brown on the bottom. Let cool. Cookies will last for up to a week.