



LAVENDER HONEY ROASTED BUTTERNUT SQUASH

- 1 tsp NOW Extra Virgin Coconut Oil
- 3 # Butternut Squash: peeled, seeded & cut into 1" cubes
- ½ stick (4 oz) Butter
- 1/3 c Sasse's Honey*
- 1 TBS Mari Mann Dried Lavender
- 1 TBS Mari Mann Dried Thyme
- 1 tsp Mari Mann Sea Salt
- Freshly ground Mari Mann Pepper Royale to taste

* May use NOW Organic Maple Syrup instead of Honey

1. Preheat oven to 400. Brush baking pan with coconut oil
2. Spread squash in single layer in pan – dot with butter and drizzle with honey – sprinkle on lavender, thyme, salt and pepper.
3. Cover and roast until squash is tender, about 30 mins. Stir occasionally.