

## Harvest Bites

A baguette OR crackers (think Triscuits) OR some other toasty bread option – whatever works for you!

1 butternut squash

6 Tbsp. unsalted butter, diced

2 Tbsp. brown sugar

½ tsp. cinnamon

¼ tsp. nutmeg

¼ tsp. salt

One apple, thinly sliced (Granny Smith works best but whatever you have will do!)

Goat cheese (something both creamy AND crumbly; a parm/cheddar blend would also work)

Olive oil to drizzle

Optional: crispy bacon, chopped

### Prepare the Squash

- 1) Preheat the oven to 350F.
- 2) Cut the squash in half longways: scoop out the seeds. Save for roasting!\* Place the halves flesh side up on a baking sheet lined with foil or parchment paper.
- 3) Sprinkle the diced butter and brown sugar evenly on both halves.
- 4) Roast for 45 – 60 minutes, or until a knife slides easily in to the squash.
- 5) Remove squash from the oven and allow it to cool for about 10 minutes. Then scoop out the flesh - AND the sugary liquid that's welled up in the squash centers! – in to a food processor or blender.
- 6) Add the cinnamon, nutmeg, and salt; pulse until you reach a creamy consistency.

### Build the Bite

- 1) Cut your baguette at an angle in to bite-sized pieces or prepare a serving tray/plate with the crackers.
- 2) Spread a layer of the squash puree on to each bite or cracker. Be generous!
- 3) Place an apple slice on each.
- 4) Sprinkle with cheese.
- 5) If you are going to add crispy bacon, now is the time!
- 6) Finish with a bit of olive oil.