

roasted kabocha squash dip

Ingredients

½ large or 1 small kabocha
squash

4 Tbsp. olive oil

½ Tbsp. tahini

½ cup Greek yogurt

2 - 3 Tbsp. maple syrup

2 tsp. cinnamon or apple pie
spice

salt and pepper

Instructions

1. Preheat oven to 350 degrees.
2. Place kabocha squash on a baking sheet. Drizzle with olive oil and season with salt and pepper. Roast for about 45 minutes or until tender.
3. Once roasted, use a large spoon to scoop squash into a food processor.
4. Add olive oil, tahini, Greek yogurt, maple syrup and cinnamon. Add water to thin if needed and salt and pepper to taste.
5. Transfer to a bowl and serve with apple slices, toast or pita bread.
6. Enjoy!

