

## **Baked Squash with Blueberries**

6 servings

### **Ingredients**

3 acorn squash  
1 1/2 cups fresh or frozen blueberries  
1/2 tart apple peeled and diced  
6 tablespoons sucanat  
6 teaspoons butter

### **Preparation**

Preheat oven to 350 degrees. Cut squash in half lengthwise and remove fibers and seeds. In a medium bowl, mix together blueberries, apple, sucanat, and butter. Fill squash halves with blueberry mixture. Place in an un-greased casserole dish; add 1/2 cup water around the squash. Cover and bake 50 to 60 minutes. remove cover and bake another 10 minutes or until squash is tender. Remove from oven and serve immediately.