Squash and Apple Bake
Serves 8

The addition of apples to squash can help children learn to appreciate yellow vegetables. The mixture can also be mashed for younger children.

1 small butternut squash, peeled and diced
2 medium apples, peeled, cored and diced
1 tablespoon sunflower oil
1/2 teaspoon ground cinnamon

Pre-heat the oven to 375°F. Toss the diced apples and squash with the oil and cinnamon.

Spread on a parchment lined baking sheet and roast for 25-30 minutes or until very soft.