




# STUFFED ACORN SQUASH

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- 2 small acorn squashes, or 1 large
- 1 onion,
- 2 stalks celery
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon fresh rosemary
- 3 cloves garlic, chopped
- ½ lb 80/20 ground beef
- 1 apple, chopped
- 1 cup panko breadcrumbs

- Use a sharp knife to cut off the top and bottom of each squash to create a flat base on each side Slice the squash in half and scrape out seeds
  - Drizzle each half with olive oil, salt, and pepper. Roast in a preheated oven at 400°F (200°C) for 40-50 minutes
  - In a large fry pan over medium heat - heat oil and add Onion, Celery, Salt, Pepper, and Rosemary. Cook until onions begin to soften.
  - Add Garlic and Ground Beef, until browned on all sides.
  - Add Apple until slightly softened. Finally mix in Bread Crumbs just until incorporated. Remove from heat.
  - Once Squash has finished roasting remove from oven and fill each with prepared mixture.
  - Return to oven for 20 minutes .
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# PUMPKIN PIE OVERNIGHT OATS

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- 1/3 cup old-fashioned rolled oats
- 1/3 cup pumpkin puree
- 1/3 cup nonfat or almond milk
- 1 teaspoon chia seeds
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon pure maple syrup
- Toppings: chopped pecans, pure maple syrup
- Place all the ingredients except toppings in a jar or other container with a tightly fitting lid and give them a good stir.
- Cover and refrigerate overnight or at least 5 hours.
- In the morning, add additional liquid if you'd like.
- Once you achieve the desired consistency, add the toppings.