STUFFED ACORN SQUASH

- 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.
PUMPKIN PIE OVERNIGHT OATS

- 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.