

**Recipe for:** Baked Acorn Squash and Squash Seeds

**Ingredients:**

1 medium acorn squash (per two people)  
1 Tbsp. Brewers yeast  
Bragg's amino acids  
1 tsp. butter  
1 tsp. olive oil

**Preparation:**

Wash each acorn squash and cut in half. Spoon out seeds and save in strainer. Place squash cut side down with ½ tsp olive oil in baking pan.

Bake at 350° in oven.

After 45 minutes, turn squash over and dab ½ tsp butter, ½ Tbsp. Brewer's yeast, and dash liquid amino acids to each squash.

Bake for approximately 15 minutes longer until golden brown.

After squash are in oven, separate squash seeds from membrane, washing can help.

Place seeds in small cast iron pan.

Add ½ tsp olive oil (or sesame oil) and stir.

Place in oven to bake. Remove and stir after 20 minutes.

Add squirt of Bragg's amino acids and bake another 15 minutes.

Check until you start hearing seeds popping or they are crisp and brown.

You can add a pinch of garlic, curry or any spice you choose.

Serve as a topping.