

# Butternut Squash & Apple Breakfast Hash

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
2 cups Butternut Squash (peeled,  
chopped into 1 cm cubes)  
1/2 cup Red Onion (chopped)  
1/4 tsp Sea Salt  
1 Apple (small, finely chopped)  
2 cups Kale Leaves (chopped)  
1/4 tsp Cinnamon

## DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with salt.
- 02 Add the apple and kale leaves and continue to cook until the kale wilts down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 03 Divide between plates and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Carbs	34g
Fat	14g	Protein	3g