

BUTTERNUT SQUASH LATKES WITH APPLE BUTTER & CHIVE GARNISH

INGREDIENTS

- 1 Squash (Butternut) (3-4 lbs) (peeled) (seeded)
- 1 Onion (large) (grated)
- 1 C Quinoa flour **OR** gluten-free flour of your choice
- 1/3 C Sage (chopped) (less if ground)
- 1 t Garlic powder
- 1 t Salt
- 1/2 t Black pepper
- 1 1/4 C Egg substitute **OR** 5 eggs
- Non-stick cooking spray
- 3 T Healthy oil
- Apple butter (optional garnish)
- Chives (optional garnish)

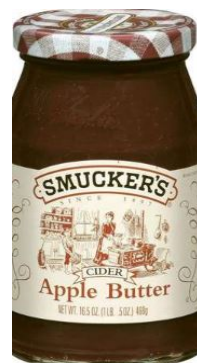


DIRECTIONS

- 1 Cut the squash into chunks & place them in your processor with a grating disk
- 2 Combine the squash with the grated onion in a large bowl & mix them together
- 3 Place the squash/onion mix in a cheese cloth to squeeze out any excess liquid
- 4 Add the quinoa flour & mix together
- 5 Then add the egg substitute & seasonings mixing thoroughly
- 6 Spray a large saute pan with the non-stick cooking spray & add the healthy oil
- 7 On medium-low heat, place the latka mix using a 1/4 C making sure to space them apart
- 8 Cook the latkes until they're crisp & brown around the edges (approx. 4 minutes)
- 9 Carefully flip the latkes, cooking until crisp & deep golden brown all over (approx. 3 minutes)
- 10 Transfer to a paper towel-lined plate or baking sheet
- 11 You may need to add a little more oil between batches
- 12 Place a dollop of apple butter on each latke before serving

NOTES

- 1 Makes 25 - 30 small latkes
- 2 See page 2 for a **MAKE-IT-YOURSELF** recipe for Apple Butter **OR** buy some at the market



MAKE IT YOURSELF

APPLE BUTTER

6	Apples (red) (medium) (sweet) (peeled) (cored) (diced)
1/2 C	Apple cider OR apple juice
1/2 C	Sugar substitute OR sugar
1/2 C	Coconut sugar OR brown sugar
1/2 T	Lemon juice
1 t	Lemon zest
1 t	Cinnamon (ground)
1/2 t	Cloves (ground)
1/2 t	Nutmeg (ground)
1/2 t	Vanilla
Pinch	Salt



- 1** Place the diced apples & apple cider in a large pot
- 2** Simmer on medium-low heat for 30 minutes
- 3** Use a blender to puree the cooked apples
- 4** Add the rest of the ingredients & stir to combine
- 5** Place the apple mixt back on the stove
- 6** Simmer over medium-low heat for 45 minutes, stirring occasionally
- 7** Your apple butter is ready when there is no juice left in the pot

NOTE

Makes 1 1/2 C