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# BAKED CINNAMON CHAYOTE

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Entire Recipe is approx 4 cups of vegetables

## Directions

### OVEN:

1. Preheat oven to 425 degrees F.
2. in a small bowl, combine the coconut oil, cinnamon and salt. Microwave for about 20 seconds until the coconut oil is completely liquid.
3. Toss the chopped chayote squash (see below for how to chop) in the coconut oil and seasonings.
4. On a large cookie sheet, line a piece of parchment paper. Then spread out the chayote squash on the pan and bake for about 15 minutes. Flip and cook another 10 minutes.

### AIR FRYER:

Cook for about 20 minutes at 400 in the air fryer

## Notes

### Options

- chayote squash is similar to a pear in that it has an inside core. You can choose to peel it first or keep the peel on (like a cooked apple). But cut around the core as you would a pear.
- this is great to freeze in 1 cup servings and is delicious served with one of the oatmeals or even blended in a vanilla smoothie later on.



## Ingredients

- 2 large chayotes, chopped
- 2 Tbsp coconut oil
- 1 tsp ground cinnamon
- ½ tsp fine sea salt