

Recipe Name **Spaghetti Squash with Apples and Raisins**

Ingredients: 1 spaghetti squash, roasted (about 4 cups cooked)
 3 eggs
 ½ cup coconut sugar
 2 tsp. cinnamon
 2 large pink lady or granny smith apples, peeled, cored, and thinly sliced
 1/3 cup raisins
 Avocado oil for roasting squash

Directions

1. Preheat oven to 400 degrees.
2. Trim ends off squash and cut in half lengthwise. Coat squash on all sides with a thin layer of avocado oil and place flesh down on a rimmed baking tray. Roast for about 45 minutes or until soft to the touch. Remove from oven and allow to cool. Can be roasted ahead and stored in the refrigerator until ready to make kugel.
3. To make kugel: Preheat oven to 375 degrees and spray an 8x8inch baking dish with avocado oil cooking spray.
4. In a large bowl, whisk together the eggs, coconut sugar and cinnamon. Add spaghetti squash and toss to coat. Mix in apples and raisins, tossing gently to not break up the apples too much. Pour the mixture into the prepared baking dish, evening out the top.
5. Bake for 45 minutes or until golden and set. Cool before slicing.