



Spaghetti Squash Breakfast Bowl

SERVES: 1

Ingredients

1/3 cup plant milk (coconut or almond)

½ Tbsp raisins

¼ cup grated carrot

¼ cup grated apple

½ tsp vanilla

1 c spaghetti squash, cooked, chopped fine **

Sprinkle of cinnamon

½ Tbsp hemp seeds

Fruit toppings: Berries, sliced banana, or thinly sliced apple if desired

Directions

Combine milk, raisins, carrot, apple, and vanilla in a saucepan and bring to a gentle simmer. Allow to simmer for 5-7 minutes until the carrots are soft.

Add in the cooked, chopped spaghetti squash and warm through.

Remove from heat and serve garnished with a sprinkle of cinnamon, the hemp seeds and an additional drizzle of coconut milk.

****How to cook a spaghetti squash:**

Preheat the oven to 400 degrees F. Place the squash on a baking tray and pierce it a few times with a small knife. Bake for 45-50 minutes, turning the squash over halfway through baking. It is done when a small knife inserts into the squash easily. If you over bake it, the squash will be mushy, rather than like spaghetti strands, but still delicious.