



[Slow Cooker Maple Acorn Squash](#)

Recipe found on AnnsEntitledLife.com

Prep Time: 10 Minutes

Cook Time: 4 Hours

Total Time: 4 Hours 10 Minutes

Makes: 2 servings

Slow Cooker Maple Acorn Squash Ingredients:

- 1 Acorn Squash, large
- ½ cup Apple Juice (you can substitute water if you do not have apple juice)
- 2 tsp Cinnamon
- 2 TBSP Butter
- 2 TBSP Brown Sugar
- ¼ cup Walnut Pieces
- ¼ cup Maple Syrup (or as desired)

Slow Cooker Maple Acorn Squash Directions:

- Wash the acorn squash and cut in half, vertically.
- Using a spoon, scoop out inner seeds and strings and dispose of them.
- Cut each half of the acorn squash into quarters.
- Line your slow cooker pot with parchment paper or spray with a non-stick spray.
- Pour in the apple juice.
- Place acorn squash quarters into the slow cooker pot.
- Season with cinnamon.

- Cut the butter into pieces and add it to the slow cooker pot.
- Add the brown sugar.
- Cook on low for 4 – 5 hours or until the squash is very tender.
- Remove the acorn squash pieces and with a spoon, scrap the meat off the peel of the squash, place in a bowl.
- Add a few tablespoons of the cooking juices into the squash and mash together.
- Season to taste with salt and pepper.
- Place into a serving bowl and garnish with the walnut pieces and drizzled maple syrup.
- Serve immediately.