

				P	F	C			
Spaghetti squash	1								
Avocado (and some Olive Oil)*	3 TBSP								
Honey	1 TBSP								
Anise	1/4 tsp								
Basil	3/4 tsp								
Cardamon	1/4 tsp								
Cinnamon	1/4 tsp								
Garlic Powder	1/4 tsp								
Onion Powder	1/2 tsp								
Pepper	1/4 tsp								
Salt	1/2 tsp								
Sugar, Brown	1/4 tsp								
Yeast, Nutritional	3/4 tsp								

\* High-temperature oil, can also use grapeseed

#### DIRECTIONS:

1. Pre-heat the oven to 450 F and arrange a rack in the middle.
2. Cut the squash in half lengthwise and scrape out the seeds. Cut into smaller pieces if desired. Poke inside of pieces with a fork.
3. Mix oil and honey in a one-cup glass measuring cup (and some or all the spices)
4. Brush the flesh with the oil-honey mixture
5. Brush or shake the other spices on separately (can mix all dry powders)
6. Place the squash halves cut-side up on a baking sheet and turn oven down to 400 F
7. Roast until fork tender, about 50 minutes.