



**SWEET SPAGHETTI SQUASH KUGEL  
WITH APPLES AND RAISINS**

Final Lifestyle

**Ingredients**

4 cups cooked spaghetti squash  
3 eggs  
1/2 cup 'lite' maple syrup  
2 teaspoons cinnamon  
2 apples, peeled, cored, and thinly sliced  
1/3 cup raisins

**Instructions**

1. Preheat oven to 375°F. Spray an 8x8" baking dish with cooking spray, or lightly grease with melted coconut oil.
2. In a large bowl, whisk together eggs, maple syrup and cinnamon. Add spaghetti squash and toss to coat. Mix in apples and raisins. Pour the mixture evenly into the prepared baking dish.
3. Bake for 45 minutes or until golden and set. Cool before slicing.

**Portion-Per-Serving Information** (Yields 9 servings)

Serving = 1/9 square = 1 V, 1 FR