

RECIPE: BUTTERNUT SQUASH SOUP

SERVES: 4 PREP TIME: 10 mins COOK TIME: 1 hour 30 minutes

INGREDIENTS:

- 1 medium butternut squash, cut in half, seeds scooped out
- 1 large shallot, diced (or ½ medium onion)
- ½ cup almonds, soaked, drained, skinned (or blanched almonds)
- 4 cups vegetable broth
- 1 can full fat coconut milk
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon dried thyme
- ¼ teaspoon smoked paprika
- ¼ teaspoon ground sage
- Avocado oil
- Sea salt and pepper to taste

INSTRUCTIONS:

- Preheat oven to 425°F. Cut butternut squash in half, scoop out seeds. Place both halves skin side down on a baking sheet lined with parchment paper.
- Rub a small amount of avocado oil on each half, sprinkle with salt and pepper, and bake for 45-60 minutes or until fork tender. Take out of the oven and set aside to cool.
- Place a soup pot over medium heat with a splash of avocado oil. Once warm, add diced shallots. Allow to cook for 3 minutes, stirring frequently. Add all seasonings, pepper, and salt. Sauté for 2 more minutes.
- Scoop out ¾ of the squash and add to soup pot, along with coconut milk and almonds. Mix well and allow to simmer for 3 to 5 minutes. Add broth and allow to simmer for 15 to 20 minutes.
- Allow soup to slightly cool. Blend soup in blender in several batches or use an immersion blender until smooth. Add soup back into pot on low heat. Adjust seasonings to taste.
- Put the remaining ¼ roasted squash in a bowl. Break apart gently with a fork and stir into soup.

