

Butternut Squash Soup

Prep Time: under 5 minutes

Butternut Squash Soup Recipe:

1 butternut squash – peeled, seeded and cubed
1 cup pine nuts – soaked in water 1 hour and drained
2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp allspice
1/2 tsp ginger
1/4 cup maple syrup or more to taste
1 avocado
1 apple

Instructions:

Blend all, adding water to thin to desired consistency. Blend until heated to the desired temperature if using a high speed blender such as Vitamix. Can be heated on very low heat until warm.

Variations:

Make it sweeter with apples and cherries. Make it thicker, thinner as you like or make it hotter by mixing longer in a Vitamix.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org