

Butternut Squash Coconut Soup



PREP TIME:
10 MINUTES

COOK TIME:
30 MINUTES

TOTAL TIME:
40 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 5-6 Servings

Ingredients:

- 20 Oz. Cubed Butternut Squash
- 2 TBSP Olive Oil
- 2 Honeycrisp Apples – Peeled and Chopped
- 1 Anjou Pear – Peeled and Chopped
- 1/2 Large Red Onion – Chopped
- 24 oz. Vegetable Broth
- 2 Teaspoon Himalayan Sea Salt Plus 1/2 Teaspoon for Roasting Squash
- 1/2 Teaspoon Nutmeg
- 1/2 Teaspoon Ginger
- 4 TBSP Canned Organic Coconut Cream
- **Optional:** Pumpkin Seeds & Fresh Basil for Garnish

Instructions:

1. Preheat oven to 425 Degrees.
2. Place butternut squash, chopped apples, pear, and onion into large mixing bowl. Add 1 TBSP olive oil and 1/2 Teaspoon salt. Toss with spoon until coated.
3. Spray baking sheet with olive oil, pour veggies onto sheet. Roast at 425 degrees for 20 minutes, tossing half-way through. Depending on oven – may need 5 more minutes.
4. Once fork goes through squash and fruit easily, remove from oven and set on counter.
5. In a blender, combine half veggie mixture & 8 oz. vegetable broth. Blend 'til smooth (min. 30 seconds).
6. Another option is to pour all into a large pot and use an immersion blender.
7. Pour all blended soup mixture into large pot. Add coconut cream.
8. Add and stir in remaining sea salt (1-2 teaspoon), nutmeg and ginger.
9. Let simmer at least 10-15 minutes before serving.
10. **Optional: Top Soup with 1 TBSP Organic Toasted Pumpkin Seeds. Garnish with basil.**

***Try and use all organic ingredients if possible.**