

Recipe Name **Winter Squash & Apple Soup**

Ingredients:

- 2 ½ -3 lbs. squash, roasted (acorn, butternut, delicata, kabocha)
- 1 medium yellow onion, rough chopped
- 1-2 apples, Pink Lady or Granny Smith (about 1lb. total), rough chopped
- 1 cup organic, apple cider
- 3 cups vegetable broth
- 1 Tbsp. maple syrup
- Salt
- Sumac (substitute nutmeg)
- Chopped fresh cranberries & apples for garnish
- Optional: coconut cream for a creamier soup

Directions

1. Roast squash in a 400 degree oven for 30-50 minutes (depending on size of squash) until tender to touch. Remove from oven and allow to cool before removing squash skin.
2. Heat a deep saucepan over medium heat. Once hot, add a drizzle of avocado oil and chopped onions and apples, sauteing until onions are translucent and apples are beginning to get tender, about 5 minutes.
3. Add roasted squash, apple cider and vegetable broth to pot and bring to a simmer. Simmer for just a few minutes to allow all the flavors to come together.
4. In batches, blend soup to a puree in the blender (You could also do this with an immersion blender, but you will not get it as smooth). Once blended, place soup into a large mixing bowl while you blend the next batch. Once all is blended and in mixing bowl, add maple syrup, salt, and sumac to taste. If you can not find sumac, substitute nutmeg.

*See back of page for garnish and nutritional content.



5. Garnish with chopped fresh cranberries and apples, could also add a swirl of coconut cream for a creamier soup.

RECIPE

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	119
% Daily Value*	
Total Fat 0.8g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 294mg	13%
Total Carbohydrate 27.3g	10%
Dietary Fiber 3.8g	14%
Total Sugars 11.7g	
Protein 3.5g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	8%
Potassium 668mg	14%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**