



HEALTHY BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1 large butternut squash *halved vertically and seeded*
- Freshly ground black pepper and salt *to taste*
- 1 tablespoon olive oil
- 1 tablespoon maple syrup (optional)
- 1/8 teaspoon cinnamon
- 1 medium onion *chopped*
- 3 garlic cloves *minced*
- 4 cups vegetable broth
- 1/2 cup oat milk
-

INSTRUCTIONS

- Preheat the oven to 425°F and spray a baking sheet with cooking spray.
- Wash the butternut squash then cut in half, remove seeds then place in baking pan so the cut halves are facing down, add a little water, cover with foil and place in oven.
- Bake the squash for 40 minutes or until soft to the touch
- While the butternut squash is roasting, heat the tablespoon of olive oil in a large soup pot. Add the onions and season with salt and pepper. Cook the onions until they soften and become translucent, about 4-5 minutes. Then add the garlic, and stir frequently until fragrant, about 30 seconds to one minute. Then remove from heat.
- When the butternut squash is cooked and fork tender, transfer it into a food processor along with the onions and garlic mixture. Mix until pureed. Add the vegetable broth and oat milk and mix again.
- Place mixture into large pot. Bring the contents of the soup to a boil, then bring heat down to low for a few minutes. Enjoy!