

Butternut Squash Soup Recipe

Ingredients:

1 Bag butternut squash
1/2 onion diced
1 can coconut milk
1 cup boiling water
1 sprig fresh rosemary
1/2 inch fresh ginger/peeled & grated
2 TBSP apple cider vinegar
Sea salt & black pepper to taste

Directions:

Use pre-chopped butternut squash if possible
Bake squash with a little olive oil, salt & pepper in 400 degree oven for 25-40 minutes or until soft
Blend squash with all other ingredients in blender until smooth
Pour into a pot to heat on medium
Season with salt & pepper
Top with avocados, cilantro or roasted garlic for extra flavor & squeeze lemon on top.
Enjoy!

