

# Butternut Carrot Soup

Servings: 4

RECIPE BOX

1/2 BUTTERNUT SQUASH PEELED,  
SEEDED  
AND CHOPPED INTO 1-2 INCH  
CHUNKS  
1 CUP CARROTS, CHOPPED  
2 CUPS CHICKEN BONE BROTH  
1 CUP ALMOND MILK  
1 TSP GINGER  
1/2 TSP DRIED TERRAGON  
1/2 TSP SEA SALT  
1/8 TSP GROUND PEPPER



## DIRECTIONS

**Step 1:** Place chopped butternut squash, carrots and vegetable broth in a large saucepan, cover and bring to boil over high heat. Reduce heat to medium low and simmer partially covered for approximately 20 minutes or until squash and carrots are soft when pricked with a fork.

**Step 2:** Spoon the cooked squash and carrots into a blender. Pour the liquid left from cooking into the blender and add almond milk and spices.

**Step 3:** Begin blending on low and turn up to medium high and blend for approximately 30 seconds.

**Step 4:** Serve immediately or return to saucepan and keep warm until ready to serve.

**GF** This recipe is gluten free as written.

**V** Replace bone broth with vegetable broth.

Nutrition per Serving: Calories 318, Fat 12g, Carbs 17g, Fiber 5g, Sugars 6g, Protein 3g

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