

Butternut Squash Soup

Servings: 4

RECIPE BOX

INGREDIENTS

1 CUP COCONUT MILK
1 TBSP COCONUT OIL
1 MEDIUM BUTTERNUT SQUASH (peeled, seeded, and chopped)
1 SWEET ONION, DICED
4 RED APPLES, peeled, cored, and diced
½ TSP GROUND NUTMEG
½ TSP GROUND GINGER
2 CUPS LOW SODIUM, ORGANIC CHICKEN STOCK



DIRECTIONS:

STEP 1: In large soup pot melt coconut oil. Add onions, sautéing until soft.

STEP 2: Add chopped squash and apples. Sauté at least 5 minutes, until it starts to brown.

STEP 3: Add coconut milk, , chicken stock, and spices. Simmer about 20 minutes until all ingredients are softened.

STEP 4: Pour mix into blender and puree until smooth.

GF This recipe is gluten free as written.

V Use veggie broth instead of chicken broth.

Nutrition per Serving: Calories 228, Total Fat 9g, Carbs 40g, Protein 7g, Fiber 7g, Sugars 22g.

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