

Creamy Roasted Butternut Squash & Sage Soup



Ingredients:

- 2 large or 3 small butternut squash
- 2 medium or 3 small Granny Smith apples, unpeeled
- 1 large onion
- 12 leaves fresh sage
- 5 ½ cups of water
- 1 cup coconut milk
- 5 tsp salt
- ¼ tsp black pepper
- Pinch of nutmeg
- Pinch of cloves or allspice
- Olive oil for sauteing
- Pumpkin seeds and/or chopped parsley for garnish

Instructions:

1. Preheat your oven to 220°C.
2. Cut the butternut squash in half, and scoop out the seedy guts with a spoon. Poke the fleshy parts of each squash with a fork in several places.
3. On a baking sheet or roasting pan, roast the butternut squash in the oven on 220°C until it is tender to the fork – about an hour. (The skin part will turn blackish brown.)
4. About 20 minutes before the butternut is finished roasting, in a large pot over medium-high heat, add the olive oil for sautéing. Dice the onion, apples, and fresh sage leaves and add them to the pot, along with a little dash of salt and pepper.

5. Sauté and stir frequently until tender, about 7 to 10 mins.
6. Allow the roasted butternut squash to cool slightly for safe handling. Scoop out the middle flesh to remove it from the thin skin portion.
7. Add the roasted butternut squash to the pot of apples, onions, and sage. Add the water, coconut cream, 5 teaspoons of salt, $\frac{1}{4}$ teaspoon of black pepper, and the pinch of nutmeg and clove.
8. Stir to combine, bring the contents of the pot to boil, and then reduce the heat to simmer for 15 minutes.
9. Blend the soup in the pot until smooth using an immersion blender, and remove from the heat.
10. Garnish each bowl with raw **pumpkin seeds** and/or chopped parsley.

B'taavon!
Mindy