

# Delicata Squash & Apple Soup

Serves: 4-5

## INGREDIENTS:

- 1/2 butternut squash
- 1 small delicata squash
- 1 medium apple
- 1 tbsp olive oil
- 1 small yellow onion
- 1 clove garlic
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- Pinch Cayenne pepper \*optional
- 2 cups veggie broth
- 3/4 cup light canned coconut milk

Optional to add protein like chicken, quinoa or chickpeas.



**Serving size:** 1 cup

## INSTRUCTIONS:

1. Preheat the oven to 400 degrees and take out a baking sheet.
2. Chop onions and garlic. Add to your pot with 1 tbsp olive oil. Stir to coat. Let cook for 2-3 minutes.
3. Cut off the ends of the butternut squash so it can stand up-right on a cutting board. Peel the skin off using a potato peeler. Then slice in half length wise and scoop out the seeds like a pumpkin using a spoon. Then cut into half moon shapes and finally into chunks about 1 inch thick.
4. Cut open the delicata squash. Scoop out the seeds. Cut into 1/2 inch thick slices.
5. Chop up apples into chunks. Add apples and squash pieces to the pot on the stove top.
6. Add in the veggie broth + coconut milk and the spices. Stir to combine the flavors!
7. Cover and bring to a simmer for 20-25 minutes until squash is super fork tender.
8. Leave the lid off, let the soup cool for a few minutes.
9. Blend using an immersion blender or carefully pour into a stand up blender to blend until creamy!