

# BUTTERNUT SQUASH SOUP



## INGREDIENTS:

- 1 Medium (2lbs) Butternut Squash
- 2 Garlic Cloves
- 2 tsp Maple Syrup
- $\frac{1}{8}$  tsp Nutmeg
- 3 cups Vegetable Broth
- Dash of Black Pepper
- $\frac{1}{2}$  Onion

## DIRECTIONS:

1. Preheat oven to 400° F.
2. Cut Butternut squash longways and scrape out seeds
3. Line baking sheet with foil
4. Spray inside of squash with cooking spray
5. Place Squash on baking sheet, flesh side down
6. Roast for 40-50 minutes. Pierce with fork to check tenderness
7. Once squash is roasted and tender allow for it to cool until you can safely handle it.
8. Scrape out the flesh and place in a blender with remainder of ingredients. Blend well!

If needed warm on stove-top or microwave, Serve, and Enjoy!

Optional Toppings: Pumpkin seeds. Plain Greek yogurt for a delicious bitter contrast to this yummy sweet soup.

Makes 8-10 Cups

Serving Size 1 Cup = Calories: 80 | Protein: 2 gm | Carbs: 20 gm | Fat: 1gm