



CAROLYN'S BUTTERNUT SQUASH SOUP

A nutrient-rich soup high in antioxidants to support the immune system and promote healthy skin and hair. The ginger root and fibre promote healthy digestion.

Yield: 6 servings

INGREDIENTS

2 teaspoons olive oil
 1 cup chopped onions
 1 teaspoon minced garlic
 1 tablespoon grated gingerroot
 ½ teaspoon ground cumin
 6 cups peeled, cubed butternut squash
 2 cups chicken broth
 1½ cups unsweetened carrot juice
 2 bay leaves
 2 granny smith apples, peeled and chopped
 ¼ cup orange juice (or pineapple)
 ½ tsp sea salt
 ¼ tsp freshly ground black pepper

PROCESS

- 1 - Heat olive oil in large, non-stick soup pot over medium heat. Add onions and garlic. Cook and stir until onion begins to soften, about 3 mins.
- 2 - Stir in ginger root and cumin and cook for 30 more seconds. Add squash and remaining ingredients and mix well.
- 3 - Bring soup to a boil. Reduce heat to low, cover and simmer for 12-14 minutes, or until squash and apples are tender.
- 4 - Remove bay leaves. Working in batches, transfer soup to a blender or food processor (or use hand immersion blender) and purée until smooth.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1 1/2 cups (375g) Servings 6 Calories 160 Fat Cal. 20	Total Fat 2.5g	4%	Total Carb. 34g
	Sat. Fat 0g	2%	Fiber 5g	20%
	Trans fats 0g		Sugars 13g	
	Cholest. 0mg	0%	Protein 4g	
	Sodium 240mg	10%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 300%	Vitamin C 70%	Calcium 10%	Iron 10%