**Butternut Squash, Apple, Ginger Soup**



**Prep Time Cook Time Total Time**

**10 Min 10 Min 20 Min**

***Ingredients***

*· 1 tbsp Olive Oil*

· 1 Medium onion, chopped

· 3 tbsp Fresh ginger, minced

· 2 Garlic Cloves, minced

· 2 lb. butternut squash, peeled seeded and chopped

· 2 Granny smith apples, cored, chopped

· 3 Medium carrots, peeled and chopped

· 1 ¼ tsp Ground Cinnamon

· ½ tsp Ground Cumin

· ½ tsp ground coriander

· ¼ tsp of Nutmeg

· 4 cups low sodium Vegetable broth

· Salt and Pepper to taste

· Pumpkin seeds 1 tbsp

***Instructions***

1. Set the Instant Pot to “saute”. Add Olive Oil and onion to the pot, stirring until soft and browned, about 4-5 minutes. Add in the garlic and ginger and stir for another minute.
2. Press “cancel” to turn off the Instant Pot. Add the remaining ingredients to the pot (except pumpkin seeds).
3. Season with salt and pepper and stir.
4. Seal the Instant Pot and cook at high pressure (Manual/ Pressure cook function) for 8 minute. Allow natural pressure release for at least 10 minutes before a quick pressure release to completely depressurize
5. Using an immersion blender blend the soup until it is completely smooth
6. Top with pumpkin seeds or diced apples prior to serving

\*Recipe can be used in crockpot or on stove top and just cook vegetables until everything is soft\*



**Nutrition Information**

Yield: 7 Serving size: 6oz

Calories: 124, Fat 2.3g, Saturated fat 0.3g, Cholesterol 0, Sodium 153mg, Total Carbohydrates 27g, Dietary Fiber 5g, Sugar 8.7g, Protein 2.2g, , Vitamin A 642%, Vitamin C 77%, Calcium 13%, Iron 7.25, Phosphorus 72.7mg, Potassium 683.7mg