



## **INGREDIENTS**

1 tablespoon Olive Oil  $^{1}/_{2}$  teaspoon Ground Cumin

1 Yellow Onion <sup>1</sup>/<sub>2</sub> teaspoon Ground Coriander

3 tablespoons Fresh Ginger 4 cups Vegetable Broth

2 servings Garlic Cloves 1 pinch Salt

2 pounds Butternut Squash 1 pinch Ground Black Pepper

2 media Organic Granny Smith 1 tablespoon Pumpkin Seeds

(Pepitas)

1 <sup>1</sup>/<sub>4</sub> teaspoons Ground Cinnamon <sup>1</sup>/<sub>4</sub> teaspoon Ground Nutmeg

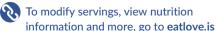
## **NUTRITION INFORMATION PER SERVING**

Calories 103kcal Sodium 350mg
Carbs 20g Fiber 3.76g
Protein 1.46g Added Sugar 0g
Total Fat 2.67g Fruits 0 servings

Saturated Fat 0.42g Vegetables 0.14 servings

## Instant Pot Butternut Squash Apple Ginger Soup

L 45 MINS | 7 SERVINGS



## Method

- 1. Set the Instant Pot to "saute". Add Olive Oil and onion to the pot, stirring until soft and browned, about 4/5 minute. 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
- 3. Season generously with salt and pepper. Give the ingredients a good stir to distribute throughout the pot.
- 4. Seal the instant pot and cook at high pressure (Manual/ Pressure cook function) for 8 minutes. Allow natural pressure to release to completely depressurize
- 5. Using the immersion blender, blend the soup until it is completely smooth
- 6. Top with pumpkin seeds or diced apples prior to serving.

