

AUTUMN SQUASH SOUP

INGREDIENTS:

- Butternut squash
- Pumpkin Puree
- Carrots
- Vegetable Broth
- Yellow onion
- Coconut sugar/brown sugar
- Heavy cream
- Cinnamon
- Nutmeg



INSTRUCTIONS:

Add all of ingredients except heavy cream to slow cooker/crock pot. Mix ingredients together. Place heat on low and cover - let cook for 5 hours. After ingredients have cooked, use a hand blender to puree your soup until consistency is velvety smooth. Stir in heavy cream and adjust taste if you would like more cinnamon, brown sugar or salt. Serve soup with pumpkin seeds and enjoy!



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