



APPLE-GINGER BUTTERNUT SOUP

Makes 8 cups

INGREDIENTS

- 4 cups of butternut squash, peeled and chopped
- 1 apple cored and diced
- 1/4 cup cashews, ground
- 1/2 teaspoon grated ginger
- 1 tsp cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon Himalayan salt
- 1 cup apple juice
- 1 cup water

PROCEDURE

- 01** Steam the chopped squash until soft.
- 02** Once soft, place the squash and all remaining ingredients into a blender. Blend until smooth.
- 03** You can heat the soup up further on the stove if you like. Good in the fridge for 3 days and frozen for 3 months.
- 04** **Tips!** Add extra extra grated ginger on your soup, a bit of coconut cream and pumpkin seeds.

PARTY FUN!

- Learn more about ginger and how it heals
- Ask your friends to smell and describe the ginger as they grate it
- Where does ginger come from? Let's learn!
- Decorate some pumpkins! How would this recipe taste if you used pumpkin instead?



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Recipe source: Adam Hart 2013

