



Butternut Squash Soup

Ingredients

• Large Butternut Squash (med size)	cut into chunks
• Yellow Onion, chopped	1 medium
• Gala Apples, peeled & cored	2 medium size
• Avocado Oil	2 tablespoons
• Pumpkin Puree	15 oz
• Vegetable broth	8 fluid ounces
• Maple Syrup	2 Tbsp.
• Kosher Salt	1 Tsp
• Nutmeg	½ Tsp
• Organic Coconut Cream	½ - ¾ cups
• Raw Pepitas Pumpkin Seeds (optional)	
• Olive Oil	1 Tsp
• Cajun Seasoning	1 Tsp
• Blue Cheese or Roquefort Cheese Crumbles (optional)	

Directions

1. Preheat oven to 400°F.
2. Using a large bowl, add squash, onion and olive oil; toss until well combined. Spread squash and onion onto baking sheet. Roast at 400°F for 30 minutes, turning after 15 minutes.
3. Remove tray from oven and transfer squash and onion into large stock pot or Dutch oven. Add pumpkin puree, vegetable broth, maple syrup, salt and nutmeg. Bring to a boil, reduce heat to simmer; cover and simmer for 45–50 minutes.
4. While the soup is simmering, make the roasted pumpkin seeds. Using a medium bowl, add pepitas, olive oil, brown sugar and Cajun seasoning; toss until well combined. Place pepitas in a small skillet, toast over medium heat, tossing often, for 4–5 minutes or until lightly browned and fragrant.
5. Once soup has simmered, use an immersion blender to puree until smooth. Add half-and-half and stir until well combined.
6. Top soup with toasted pepitas and enjoy