Butternut Squash Soup

This recipe is a long time favorite! It freezes well, so make double and freeze some containers for fast, healthy meals in a pinch. For a creamy, dairy-free soup, add a can of coconut milk. This is OPTIONAL, but so good. You can find peeled and deseeded squash in supermarkets.

Ingredients:

- 1 large butternut squash peeled, deseeded & cubed (about 6 cups)
- 3 large carrots peeled & cubed
- 1 large onion cut into large chunks
- 2 tbsp minced ginger
- 2 tbsp olive oil

- 4 – 6 cups chicken or vegetable broth
- **2 TBSP almond or other nut butter**
- 15 oz can coconut milk (optional)
- 2 teaspoons + more to taste of sea salt
- 1 teaspoon + more to taste cinnamon

optional, but really worth it... YUM!

Instructions:

1. Prepare vegetables.
2. In a large heavy pot over medium high heat, sauté onions and ginger in olive oil for 5 minutes. Season with sea salt.
3. Add the squash and carrots and cook for 5 minutes, stirring occasionally.
4. Add broth, enough to cover the vegetables, and bring to boil.
5. Reduce heat, cover & simmer for 20-25 minutes or until vegetables are quite tender.
6. Add the almond butter (and coconut milk, if using), then puree the soup in a regular blender or right in the pot with an immersion blender.
7. Season with sea salt & cinnamon. Do not skip this step, it makes the soup magical.