



*Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit*

## **Roasted Butternut Squash Soup**

### **Ingredients**

1 Large Butternut Squash Halved (top to bottom) and Seeded	½ Cup Chopped Shallots
2 Tablespoons Coconut Oil	4 Garlic Cloves, Minced
¾ Teaspoon Salt	¼ Teaspoon Ground Nutmeg
¾ Teaspoon Freshly Ground Black Pepper, or to Taste	3 Cups Organic Vegetable Broth
	2 Tablespoons Extra Virgin Olive Oil

Preheat oven to 425°F. Place the butternut squash on a pan. Coat the inside of the squash with 1 tablespoon coconut oil. Sprinkle with ½ teaspoon salt and pepper.

Roast the squash facedown until it is tender, about 45 minutes.

Place on a cutting board and let the squash cool for 10 minutes, then scoop flesh into a bowl and discard the skin.

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Warm remaining 1 tablespoon coconut oil in a skillet over medium heat and add the chopped shallots and ¼ teaspoon salt. Cook 4 minutes, stirring until the shallots turn golden, then add the garlic and cook about 1 minute, stirring.

Place the cooked garlic and shallots in a high-speed blender. Carefully add the squash flesh, nutmeg, and ¼ teaspoon black pepper, and blend with vegetable broth until creamy.

Place soup in saucepan and cook at medium heat for 10 minutes. Top each serving with a sprinkling of olive oil and black pepper.

**Makes 6 servings, should be ~ 12 ounces each.**

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