

# Butternut Squash & Apple Soup

## Ingredients:

- Butternut squash, 1 large
- Apple, 1 large
- Onion, 1 large
- Olive oil, 2 tablespoons
- Fresh ginger, 2 teaspoons
- Garlic, 4 cloves
- Apple juice, 2 cups
- Coconut milk, one 14-ounce can
- Vegetable stock, 4 cups
- Salt, 2 teaspoons
- Pepper, to taste

## Method:

- Using a large, sharp knife, cut off the ends of the butternut squash, cut it in half lengthwise, scoop out the seeds and discard the seeds and ends. Cut the squash into 8 pieces and remove and discard the skin. Cut squash into 1-inch squares.
- Peel and dice the apple and onion.
- Peel and mince the ginger and garlic.
- Heat a large saucepan over medium heat and cook the squash, apple, onion and oil for 5 minutes. Add the ginger and garlic and cook for 1 more minute.
- Add the rest of the ingredients and bring to a boil. Reduce the heat, cover and simmer for 30 minutes.
- Puree soup with blender, food processor or immersion blender.

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