



WILD. NATURAL. SUSTAINABLE.

Roasted Butternut Squash and Apple Soup with Toasted Pepitas, Creme Fraiche

• Prep Time: 50 minutes • Yields: 6 servings

Ingredients:

5 cups cubed butternut squash,
skin removed
(1 small butternut squash)
2 cups carrots
(peeled and cut on an angle into
1-inch slices)
1/2 medium white or yellow onion,
sliced (~1 cup or 120 g)
5 cloves garlic, peeled
(left whole or slightly crushed)
2 tsp. avocado oil
(if oil-free, sub a bit more maple
syrup and/or a little vegetable
broth)
2 tsp. maple syrup
1 pinch sea salt
1 pinch black pepper
1 ½ – 2 cups vegetable broth
2/3 cup light coconut milk
(or sub cashew milk)
1/4 tsp. ground cinnamon
1 pinch nutmeg
1 pinch cayenne
Toasted pepitas (optional)
Creme fraiche (optional)

Method:

1. Heat oven to 400°F and line two baking sheets with parchment paper.
2. Add cubed squash, carrots, onion, and garlic to the baking sheets and drizzle with oil and maple syrup.
3. Season with salt and pepper and toss to combine. Bake for 25-30 minutes, or until squash and carrots are tender.
4. Transfer to a large pot or Dutch oven and add vegetable broth, coconut milk, cinnamon, nutmeg, and cayenne.
5. Stir to combine, then bring to a simmer over medium heat.
6. Reduce heat to low, cover, and simmer for 5-10 minutes to allow the flavors to meld.
7. Use an immersion blender or carefully transfer mixture to a high-speed blender (that's safe for hot foods) and blend until creamy and smooth.
8. If you prefer thinner soup, add more vegetable broth at this time.
9. Taste and adjust flavor as needed, adding salt and pepper to taste, maple syrup for sweetness, cinnamon for warmth, nutmeg for nuttiness, or cayenne for heat.
10. Enjoy as is, or top with toasted pepitas (optional) or croutons and a drizzle of creme fraiche or coconut milk.

Equipment:

Oven
Parchment paper
Large bowl
Large pot or Dutch oven
Blender
2 Baking sheet

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