



WILD. NATURAL. SUSTAINABLE.

Roasted Butternut Squash & Apple Soup with Toasted Pepitas & Crème Fraîche

Prep Time: 50 minutes • Yields: 6 servings

Ingredients:

5 cups cubed butternut squash, skin removed (one medium butternut squash)
2 cups cubed apples; peeled
½ medium white or yellow onion, sliced
5 cloves whole garlic, peeled and crushed
2 tsp. avocado oil
2 tsp. maple syrup
1 pinch sea salt
1 pinch black pepper
1½ – 2 cups vegetable broth
2/3 cup light coconut milk or cashew milk
¼ tsp. ground cinnamon
1 pinch nutmeg
1 pinch cayenne
Toasted pepitas (optional)
Crème fraîche (optional)

Method:

1. Heat oven to 400°F and line two baking sheets with parchment paper.
2. Add cubed squash, apples, 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 apples 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 and serve as is, or top with toasted pepitas, croutons, and a drizzle of crème fraîche or coconut milk.

Equipment:

Oven
Baking sheets
Parchment paper
Large pot or Dutch oven
Immersion blender

