

# Gut-healing Roasted Squash & Lentil Soup with Herb Foam

*Gluten & Dairy-free*



## *Ingredients:*

- Butternut squash 1/2
- Sun dried tomatoes x 4
- Red onion x 1
- Zucchini x 1
- Paprika 1 tsp
- Garlic cloves x 2 crushed
- Sweet potato x 1 small
- Veggie stock\* 2 litres
- Fresh herbs (coriander, parsley, basil)
- 1 lemon
- Olive oil 1-2 tbsp
- Himalayan salt 1/2 tsp

- [Perfect Hydrolyzed Collagen](#) Powder 1 scoop
- Coconut yoghurt to serve (optional)

*\*I always try to go for the yeast-free veggie stock cubes from the health food shop*

**Method:**

1. Chop up your butternut squash, zucchini and sweet potato into large chunks and roll in coconut oil and 1/2 tsp paprika
2. Bake this in a high oven (190c) for 35-40 mins
3. In a sauce pan, sauté the red onion with the garlic and remaining paprika until translucent
4. Add in the stock and sun dried tomatoes and simmer on low until the roasted veggies are ready
5. Add in the roasted veggies and salt and blend well with a hand blender (or add to a blender jug)
6. Add in the scoop of hydrolyzed collagen powder and give this another good whizz to make sure it's blended well and smooth
7. Make your herb foam by adding a handful of each of the herbs into your blender, along with the juice of half a lemon and 1-2 tbsp of olive oil
8. Serve in large bowls with a dollop of coconut yoghurt, herb foam and a side of gluten-free toast