

# Butternut Squash Soup with Apples

Serves 6-8

## Ingredients:

2 teaspoons olive oil  
2 teaspoons maple syrup, optional  
4 pound butternut squash, peeled, seeded, cut into 1-inch cubes  
1 large carrot peeled and cubed  
1 Gala apple, peeled, cored and diced  
2 tablespoons vegan butter, coconut oil or butter  
1 large onion, chopped  
1/2 teaspoon ground cinnamon  
4 cups vegetable broth or water  
1/2 cup apple cider or apple juice  
1/4 teaspoon of ground mustard  
1/2 teaspoon salt  
1/4 cup of coconut cream or 35% cream

## Preparation:

Step 1: In a large mixing bowl add olive oil, maple syrup (if using), squash and carrot, put on a parchment lined sheet pan and roast in the oven at 375 F until the squash is soft (about 45 minutes).

Step 2: In a large sauce pan melt the vegan butter or coconut oil over medium-high heat, add onion and cinnamon sauté until the onion begins to brown, about 5 minutes.

Step 3: Add the rest of the ingredients and the roasted squash mixture, except for the coconut cream. Bring to boil; reduce heat and simmer uncovered until carrots and apple are tender, about 20 minutes.

Step 4: Puree soup in blender until smooth. Return soup to pot. Season to taste with salt and pepper and finish off by stirring in the cream.

Original recipe from Chef Toni Kadamani, modified by Amy Longard with dairy-free/vegan and sugar free options.