

Butternut Squash, Apple Soup

Portion Size: 8 fl oz Yield: 10

Ingredients:

Butternut Squash	2 pounds
Canola Oil	1 tsp
Canola Oil	3 tsp
Fresh Apples, peeled, chopped	$\frac{3}{4}$ cup
Yellow Onions	$\frac{1}{3}$ cup
Low Sodium Vegetable Broth	5 cups
Apple Cider	1 $\frac{1}{2}$ cup
Cinnamon Stick	1 stick
Honey	2 Tbsp
Salt	1 tsp
Black Pepper	$\frac{1}{2}$ tsp

Preparation:

1. Cut butternut squash in half lengthwise. Use a spoon to scrape seeds from squash. Brush squash with oil and place on a parchment lined sheet tray. Bake in a 350°F oven until golden brown and very tender, about 40 minutes.
2. Allow squash to cool and scrape flesh from squash. Reserve flesh and discard skin from squash.
3. Heat oil in a stockpot. Add onions and apples. Sauté until softened.
4. Add vegetable broth, apple cider, cinnamon sticks, honey, salt, peppers, and reserved squash.
5. Bring up to a simmer for about 30 minutes, until apples are very tender.
6. Discard cinnamon sticks. Use an immersion blender to blend soup until smooth.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
80	0	16	2	9	2	0	300



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