

Butternut Squash Soup

Ingredients:

- * 2 medium butternut squash
- * 2 apples
- * 2 onions
- * 2 carrots
- * Cinnamon
- * Sea Salt
- * Chicken or Vegetable broth
- * Water



Note: You do not need to peel squash, apples or carrots.

Directions:

Chop vegetables and cover with water. Cook over medium heat until soft. In same pot, use immersion blender to puree vegetables. Add vegetable or chicken broth to desired consistency, and continue cooking over low heat until warm throughout. Season with cinnamon and sea salt.

Butternut squash delivers healthy carbohydrates, vitamins A and C plus potassium.



MILES PERRET
CANCER SERVICES

