

Recipes makes: 7 Servings (6 oz each)



### Ingredients-

- ♥ 2 C. cubed butternut squash
- ♥ 1 medium onion, diced
- ♥ 1 medium local hard apple, diced (Macoun or Empire apple)
- ♥ 2 Tbsp **D'Avolio Extra Virgin Olive Oil**
- ♥ 5 cloves from a roasted garlic bulb
- ♥ 3 C. low sodium vegetable stock
- ♥ 1 ½ Tbsp pure maple syrup
- ♥ ½ tsp pumpkin pie spice (or ½ tsp of cinnamon or ginger)
- ♥ ¼ tsp cayenne
- ♥ ¼ tsp turmeric
- ♥ ¼ C. sherry vinegar
- ♥ ½ tsp sea salt
- ♥ ¾ C. toasted pumpkin seeds (optional)

### PREPARATION:

1. Preheat oven to 425°F
2. Drizzle 1 Tbsp olive oil on sheet pan and layer on the squash.
3. Roast for 20-25 minutes until pieces are caramelized on bottom and toasted on top.
4. While the squash is roasting, sauté the onion and apple in a medium sauté pan until lightly browned. Add in the spices for about 30 seconds until aromatic.
5. Deglaze the pan with the sherry vinegar; stir as you do this to get the bits off the bottom.
6. Transfer the onion mixture, garlic cloves, and roasted squash to a medium soup pot.
7. Add in the liquids; maple syrup and warm vegetable broth.
8. Blend with a hand blender until smooth, add more liquid if it is too thick.
9. Garnish with toasted pumpkin seeds and walnut or pumpkin oil.
10. Enjoy!

Nutrition Facts	
Serving Size: 6 oz	
Servings: 7	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	