

Recipes makes: 2 quarts, serving size is 1 cup

Nutrition Facts

servings per container	
Serving size	(191g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 2g	

Ingredients-

- ♥ 1 butternut squash, peeled, seeded, cut into cubes
- ♥ ½ white onion, sliced
- ♥ 2 garlic cloves
- ♥ ½ oz. olive oil
- ♥ ½ tsp pepper
- ♥ 1 oz. brown sugar
- ♥ 1 ½ oz. apple cider vinegar

PREPARATION:

1. Preheat oven to 400°F on high fan
2. In a bowl, toss squash with vegetable oil, salt, and pepper
3. Spread the squash out evenly over sheet trays, and roast in oven for 15-20 minutes tossing frequently until nicely browned. Remove from oven and set aside
4. Roast the onions and garlic the same way for 10-15 minutes
5. Add all roasted vegetables to a medium pot with enough water to slightly cover
6. Bring to a boil then simmer for 15-20 minutes until squash is very tender
7. Add in vinegar and sugar then blend with immersion blender until smooth
8. Season with salt and pepper to taste
9. Top soup with 1 oz. of candied pumpkin seeds and cilantro if desired