



One Sister Squash Soup

 Gluten-free, vegetarian

The perfect soup to make on a chilly fall day!

Ingredients:

- 1 medium butternut or acorn squash (about 2 cups)
- 2 apples cored, peeled, and thinly sliced
- 1 cup coconut milk, or local milk
- 1 ½ cups vegetable broth
- 1 teaspoon powdered sage
- ¼ teaspoon curry powder
- ½ teaspoon salt
- 2 teaspoons honey

1. Preheat oven to 350°F.
2. Cut squash in half, remove seeds, place on greased baking sheet, and cook until squash is tender.
3. Remove squash from oven and cool.
4. Scoop the squash from the skins into a soup pot.
5. Mix squash with coconut milk, apple, broth, and spices.
6. Bring to a boil. Reduce heat and simmer for 5-10 minutes, stirring often.
7. Stir in honey and remove from heat.
8. Garnish with chopped apple and serve.