

Butternut Squash Soup from Everyday Paleo by Sarah Fragoso

- 5 cups peeled and cubed butternut squash
 - ½ cup diced yellow onion
 - 1 cup diced and peeled apple
 - 3 cups chicken broth
 - 1 cup canned full-fat coconut milk
 - 1 teaspoon cinnamon
 - Pinch of ground nutmeg
 - Sea salt to taste
1. Place the cubed squash, onion, and apple in a large soup pot.
 2. Add the chicken broth and bring to a boil.
 3. Turn down to a simmer and cook, stirring occasionally, until the squash and apples are tender.
 4. Add the contents of the soup pot to a food processor or blender and process until smooth.
 5. Transfer the pureed soup back to the soup pot and add the coconut milk and spices.
 6. Mix well and bring to a simmer over medium heat.
 7. Turn down to low and let the soup simmer, stirring often for 10-15 minutes.
 8. Remove from heat and let sit for 5 minutes before serving.
 9. Serve topped with a sprinkle of cinnamon.