

Squash Soup:

Squash roasted and scooped in pot with water
Coriander seeds roasted and grounded
Coconut milk
Agave syrup
Onion and garlic caramelized

OR

1 can coconut milk
1 tsp garlic powder
4 cups water
1 small squash

OR

Soup pot olive oil 2 tbsp This is the one to use.
1 onion diced
4 clove garlic minced
4 carrots
3 stalks celery sliced
1 large butternut squash
5 cups veg. broth
2 tbsp fresh sage or 1tsp dry for 1 tbsp fresh
1/2 cups soy milk (no)
Salt/pepper
Piece of ginger
Coriander seeds grounded

Fry garlic, onion, celery. Carrot
Add water, cook until soft
Add squash roasted (cut in half and place in oven @ 400F until fork goes through). Take
peel off and scoop out into pot)
Add sage
Puree
Stir in milk or coconut milk (No)
Salt and pepper

Can add apple (3-4) with or without carrots
Cinnamon, nutmeg (no)
Thin with apple juice or water (no)

If you puree the soup then you may want to add liquid to thin it...try cinnamon and nutmeg
with the pureed soup