



LEMON THYME ROASTED BUTTERNUT SQUASH SOUP

Tip# 1: Butternut Squash can be roasted beforehand – and refrigerated if prepared the second day.

The smaller the squash size, the faster it bakes.

INGREDIENTS

2-3 – small butternut squash (or 2 medium sized)
3 cups (709 ml) – org veggie stock
2 tbsp (30 ml) – coconut aminos (or soy sauce)
2 tbsp (30ml) – coconut cream (optional)
1 ½ tsp (6 g) – himalayan salt
1 tsp (4 g) – org sweet smoked paprika
1 tsp (4 g) – org Italian seasoning
4 sprigs – org fresh lemon thyme
4 large cloves – org Russian garlic

PREP TIME: 5 MINS

COOK TIME: 50 MINS

TOTAL TIME: 55 MINS

SERVES: 4-6

VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

SOY-FREE

NUT-FREE

OIL-FREE

DIRECTIONS

Step 1

Preheat oven at 400° F (200°C)

Step 2

Clean the butternut squashes, cut them in half lengthwise, and scoop out the seeds, and strings. Place them face up on a baking tray, sprinkle some salt on top on each.

Chop two of the lemon thyme springs and sprinkle the on top of each half.

Add the four large garlic cloves (unpeeled) along with the squash halves, and bake for 45 minutes, removing the baked garlic cloves from the tray after 20 min in.

Note: if you'd like a deeper caramelization of the squash you can set to broil for an extra 5 min.

Step 3

After the squash is baked, and fork-tender, leave to rest of 5-10 minutes before scooping the flesh from the skin.

Step 4

Add all the cooked butternut squash to a high-speed blender along with the following ingredients:

- baked garlic cloves (squeeze the baked garlic from the clove)
- chop the remaining lemon thyme
- coconut aminos
- coconut cream (optional)
- salt
- smoked sweek paprika
- Italian seasoning
- veggie stock

**Note: Adding more (or less) salt to adjust to your taste is recommended.*

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high. For obtaining creamy soup blend for up to 2 minutes.

Step 5

Ready to serve. Warming up is optional.

You can top the soup with roasted pumpkin seeds, or pine nuts, coconut cream, or serve with toasted bread.

Keep the leftovers refrigerated and consume within 3 days.