



Butternut Squash, Apple, Pumpkin and Curry Soup

The most easy-peasy creamy-dreamy, yummy-tummy soup of all!

It's especially easy if you use the pre-cleaned and diced box of butternut squash available in most large markets. Without a lot of ingredients, and just a bit of measuring, throw it all into a crock pot and this blissful bowl can be yours! It's a must on cool autumn nights!

INGREDIENTS

- 16 oz. butternut squash, seeds and skin removed, diced
- 15 oz. of pumpkin puree
- 2 medium sized apples, cored and diced
- 1 small onion, peeled and diced
- 2 TBSP of butter
- 2 cups of vegetable broth
- ½ TSP of curry powder
- 1 TSP of cinnamon
- 2 TSP of salt
- ½ TSP of black pepper
- 1 cup of unsweetened coconut milk
- 2-3 TBSP of honey
- 1 TBSP of pumpkin seeds (for garnish, optional)

DIRECTIONS

Place the squash, pumpkin puree, apples, onions, butter, broth, curry powder, cinnamon, salt, and pepper in the slow cooker. Cook on low for 8 hours or on high for 4 hours, until squash is soft and cooked through. Stir in coconut milk and honey. Blend in a blender, food processor, or with an immersion blender. Serve right away or refrigerate overnight, letting the ingredients meld and the flavors deepen. Makes 5 servings; 200 calories each.