

# Creamy Butternut Squash Soup

## Ingredients

800g or 6 cups frozen butternut squash

1 can or 400ml organic coconut milk (full fat)

½ cup apple sauce

2 cups vegetable stock

1 teaspoon fresh ginger

2 teaspoons fresh garlic or 2 cloves

¾ cup onion (large cubes)

1-2 tablespoons Madras curry paste ( I use Patacks)

1 tablespoon organic coconut oil

## Method

Chop your garlic, ginger and onion coarsely. Everything is going to be pureed, so there is no need to make perfect cuts.

Heat a soup pot on medium and add the coconut oil.

Add the garlic, ginger and onion, sauté for 3-4 minutes.

Add the remainder of the ingredients, cover and simmer for 20 minutes.

Allow the soup to cool down for 5-10 minutes before blending

Season with salt and pepper if needed.

Note- This is not strict low carb.

If you use fresh butternut squash, add 3 cups of broth instead of 2 cups.