

Butternut Squash Soup

Number of Servings: 8

Prep Time: 30 minutes

Cook Time: 30 minutes

Ingredients

3 cups water

1 butternut squash, peeled and chopped

1 small head cauliflower

1 apple, peeled and chopped

4 cloves garlic

1 tbsp grated ginger

1 can coconut milk

3 green onions, chopped

Salt & Pepper

Instructions

Combine all ingredients and cook for about 30 minutes until everything is soft, then blend with an immersion blender.

Reserve the tops of the green onions to be added when serving.