

Cinnamon Roasted Butternut Squash Soup

From *–The Skinnytaste Cookbook*

40 oz peeled and seeded butternut, cut into 1 ½ inch cubes

¾ tsp ground cinnamon

¼ tsp ground nutmeg

6 Tbsp sweetened coconut flakes

1 Tbsp coconut oil

¼ cup minced onion

2 ¼ cup vegetable broth

1 cup plus 2 Tbsp light canned coconut milk

¾ tsp kosher salt

freshly cracked black pepper

- Preheat oven to 375F
- Put the squash on a large baking sheet. Toss with cinnamon and nutmeg, cover with foil, and roast until tender, 40-50 minutes. Let cool.
- Reduce the oven to 350F.
- Spread the coconut on a baking sheet and toast in the oven, stirring every 2 minutes, until golden, 6-8 minutes. Let cool.
- Heat a large pot over medium heat. Add the coconut oil and onion and cook, stirring, until tender, 5 minutes.
- Add the roasted squash to the pot with onions.
- Add the broth and 1 cup of the coconut milk and simmer about 5 minutes.
- Using an immersion blender puree the soup until smooth.
- Simmer for 2-3 more minutes. Season with salt and pepper.
- To serve ladle the soup into 6 serving bowls and top each with 1 Tbsp toasted coconut and 1 tsp coconut milk.



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