

Apple Butternut Squash Soup

Kids can:

- Peel apples
- Measure liquids

Ingredients:

- 1 large butternut squash
- 1 large yellow onion (chopped)
- 2 tbsp. grapeseed or coconut oil
- 4 large apples, peeled, cored and quartered
- 4 cups vegetable or chicken stock
- 1 cup rice milk
- 1/4 cup coconut milk
- 1/2 tsp. nutmeg
- sea salt to taste

1. Peel squash, cut in half and remove seeds. Cut into 2-inch pieces.

2. In a large pot over medium heat, sauté onion in oil until soft (about 5 minutes). Add squash, apples, stock, rice and coconut milk and nutmeg. Cover, bring to a boil then reduce heat and simmer for 20 minutes, or until squash is tender.

3. Pour soup into a blender and puree until smooth or use an immersion blender in the pot. Season with sea salt and enjoy!