

## Butternut Squash Soup

1 large butternut squash

1 Tbs. virgin coconut oil or olive oil

1 onion, chopped

1 carrot, chopped

1 stalk of celery, chopped

1 tsp fresh thyme, chopped

1 Tbs. chives, finely chopped

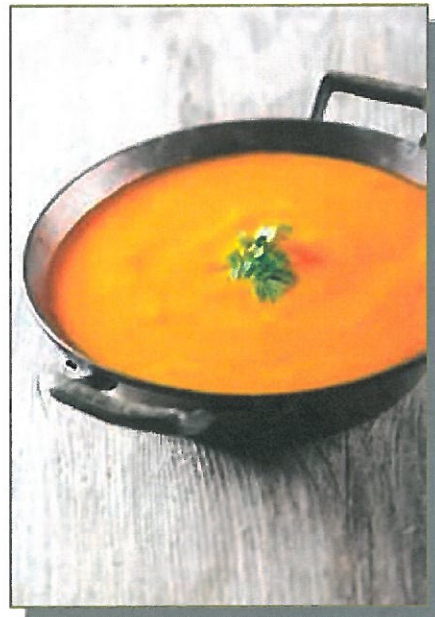
2 scallions, chopped

1 tsp. parsley, chopped

Pinch of nutmeg

½ tsp. cayenne pepper or black pepper

½ tsp. sea salt or Himalayan salt



2 cups water (or 1 cup water and 8oz. chicken broth)

1 org. vegetable bouillon cube

Peel butternut squash, cut in half and remove seeds. Cut into lrg. cubes and place into baking dish, add some water to the bottom to prevent drying out, bake at 400 until tender (about 40 minutes).

In the meantime, sauté all other ingredients except water or broth until translucent. Add salt, bouillon cube and set aside.

Combine baked squash with sautéed ingredients, add water and/or chicken broth and puree together. Pour back into pan and slightly simmer on medium heat for 10 min.

Serve warm with flaxseed crackers or your favorite crackers.

Health benefits: Tonifies the digestive system, spleen, lymph, eyes, skin, liver and gallbladder.