

Apples and Squash Soup with Maple

Preparation time: 35 minutes

Serves 4 to 6

Nutritional Information:

1 serving (when recipe serves 6):

- Protein: 5 grams
- Fat: 3 grams
- Carbohydrate: 34 grams
- Calories: 175
- Fibre: 3 grams
- Sodium: 460 mg

Ingredients:

- 2 Onions, chopped
- 1 Tbsp butter
- 1 large butternut squash, peeled & cubed, about 5 cups
- 2 cloves garlic
- 2 cups (1 L) chicken or vegetable broth, sodium reduced
- 1 tsp chopped fresh thyme
- 1 tsp salt
- ¼ tsp pepper
- 3 Tbsp maple syrup
- ½ tsp ground nutmeg
- Greek yogurt
- Pumpkin seeds

Method:

1. In large pot, cook onions in butter over medium heat until softened, about 5 minutes. Add squash, apples, garlic, broth, 1 cup of water, thyme, salt and pepper.
2. Bring to a boil. Reduce heat, cover and simmer for about 20 minutes or until squash is tender. Let cool slightly.
3. Purée soup.
4. Reheat. Serve garnished with a dollop of Greek yogurt and pumpkin seeds.