

# Curried Butternut Squash and Sweet Potato Soup



## INGREDIENTS

- 1 butternut squash
- 4 small or 2 large sweet potato
- 5 cups chicken broth
- 3 cups almond milk
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 tsp Himalayan salt
- 1/4 tsp cayenne pepper
- 1 tsp turmeric powder
- 1 tsp ground cumin powder
- 1 tsp ground coriander powder
- Juice from 1 lime

## PROCESS

Pre-heat oven to 375F. Slice squash (remove seeds), and place squash and sweet potato on tray. Bake for 45 minutes. After baking, scoop out flesh and place in pot with broth. Bring to soft boil then let cool. Blend mix with 3 cups almond milk (blend in small quantities). Place the blended soup in a pot and add spices. Bring to a boil then let simmer on low heat for 20 minutes. Add more water if you want a thinner consistency. Add lime juice and serve. Enjoy!