

Curried Squash and Sweet Potato Soup



INGREDIENTS

- 1 Acorn squash
- 2 medium zucchini sliced
- 1 sweet potato
- 5 cups chicken broth
- 3 cups almond milk
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 tsp Himalayan salt
- ¼ tsp cayenne pepper
- 1 tsp turmeric powder
- ¼ tsp cinnamon powder
- ½ tsp ground cumin powder
- ½ tsp ground coriander powder
- Juice from 1 lime

PROCESS

Pre-heat oven to 400F. Slice squash (remove seeds), sweet potato and zucchini in half and bake for 45 minutes.

After baking, scoop out flesh and place in pot with broth. Bring to boil then let cool.

Blend the mix with 3 cups almond milk (blend in small quantities).

Place the blended soup in a pot and add the spices. Bring to a boil then let simmer on low heat for 15 minutes. Add lime juice and serve.

Enjoy!