

BUTTERNUT SQUASH APPLE SOUP

1 medium-large butternut squash, peeled, seeds removed, chop into 1" pieces
1 large onion, chopped
1 tablespoon your favorite oil, butter, or ghee
3 large apples, peeled, and chopped
3-4 cup Simply Nature chicken bone broth
1 can full fat coconut milk
1 teaspoon apple pie spice
1 teaspoon sea salt

- In a large pot over medium heat, sauté onion in the oil, butter or ghee until soft (about 5 minutes), with a sprinkle of sea salt, stirring occasionally.
- Add the rest of the ingredients. Cover, bring to a boil, then reduce heat and simmer for 20-30 minutes, or until squash is tender.
- Pour soup into a blender and puree until smooth.
- Serve in fun 'shooter' glasses for a tasty seasonal appetizer.