

Pumpkin Pie Soup ~ Sarah Roberts

Why I make this: I love the smell of pumpkin pie. It's so warm and comforting. This soup gives you all that comfort without the sugar! With only a couple of ingredients, it's so easy and tasty, you'll be getting up for seconds! Plus, your skin will be glowing thanks to all that beta carotene!

INGREDIENTS

1 medium squash (I used I used a Kabocha Squash but you can use pretty much any orange fleshed squash --pumpkin, butternut, buttercup, hubbard etc).
2 Tablespoons organic unsalted butter
1 heaping Tablespoon coconut oil
Salt & Pepper
Pumpkin Pie Spice
2 cups unsweetened almond milk
Tiny Drizzle of pure maple syrup, optional

DIRECTIONS

1. Preheat your oven to 350°F.
2. Roast the squash on a parchment-lined baking sheet for about 30-40 minutes at 350°F (**NOTE:** Because the Kabocha squash is so tough, I roasted it whole. Then, I cut it in half, removed the seeds and proceeded with the recipe. Other squashes are easier to cut, so you can cut them in half before roasting and place them, cut side down on the baking sheet).
3. Once the squash is roasted, remove the seeds and scoop out the flesh.
4. Chop the flesh if it's still somewhat firm.
5. In a medium-large pot over medium heat, add the butter and sauté the squash.
6. Add the coconut oil, a good pinch of salt and pepper and a good pinch of pumpkin pie spice.
7. Continue to allow the squash to soften and caramelize slightly.
8. Transfer the pumpkin to a blender and add in the almond milk.
9. Blend on high for about one minute, and pour it back into the pot to warm through.
10. Taste, and add a tiny drizzle of maple syrup, if desired, and any salt and pepper, as needed.

Voila! It is very tasty and rich. Nice and warming on a cold day.

NOTE: I am sure if I had sautéed onion with the squash, it would have added a depth of flavour, but...you know me by now...I like to keep things pretty simple!

If you try this soup, I'd love your feedback!