

Butternut Squash & Crispy Croutons

Serves 12

Ingredients

SOUP

- 1 large **Sweet/Yellow Onion**
- ½ tsp **Sea Salt**
- 1 **Butternut Squash** (cooked & peeled)
- 3 **Garlic Cloves**
- 1 tbsp **Sage**
- ½ tbsp **Rosemary**
- 1 tsp **Ginger**
- 1 tsp **Black Pepper**
- 3 cups **Vegetable Broth**
- 1 cup **Coconut Cream**

CROUTONS

- 4-5 slices **Bread** (diced)
- 1-2 tbsp **Olive Oil**
- Seasonings: **Garlic Powder, Italian Seasoning, Sea Salt, Black Pepper**

Instructions

SOUP

1. Open the **Butternut Squash**, remove the seeds, and cook it. Either pressure cook it for 20 minutes or bake in the oven at 475 F for 30-40 minutes or until soft.
2. Put a large pot to medium heat.
3. Slice the **Onion** and add it to the large pot. Add the **salt** and **pepper**. Saute until the **onion** is soft.
4. Add the cooked and peeled **butternut squash**, stir and let infuse for 4 - 5 minutes.
5. Add the **garlic, sage, rosemary and ginger**. Stir and cook for 30 seconds - 1 minute or until fragrant.
6. Add 3 cups of **vegetable broth** and bring to a boil. Reduce heat and add the **coconut cream**.
7. Take your immersion blender and blend until smooth and creamy.
8. Leave on a low simmer until ready to enjoy.

CROUTONS

1. Preheat the oven to 375 F.
2. Dice up **4-5 slices of bread**. Add them to a pan, drizzle with **olive oil** and add the **garlic powder, italian seasoning, sea salt and black pepper**. Give it a good stir.
3. Bake for 15 - 20 minutes or until crispy.
4. Take out of the oven and serve with the soup.

SERVE & ENJOY! ☀️

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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