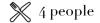
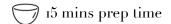


Greamy French Butternut Soup

Soupe crémeuse au butternut









INGREDIENTS

- 1 butternut squash cut in small chunks
- ½+ cup of cream (like coffee creamer) or coconut cream
- I chicken bouillon cube plus I liter water or I liter chicken stock (optional, and only if you are using milk cream)
- 34 cup of water or milk
- ½ sweet onion diced
- 1 pinch: cumin, nutmeg
- 1/8 tsp: pepper, cinnamon, sugar
- ½ tsp: salt



DIRECTIONS

- 1. Sauté well the onions in olive oil in your soup pan.
- 2. Add the ¾ cups of water/milk and the optional bouillon cube.
- 3. Add all the spices and mix together.
- 4. At this point all the ingredients except the cream was added.
- 5. Cook on medium heat for about 20 minutes or until the butternut is very soft.
- 6. When it is finished cooking, add the cream.
- 7. Take an immersion mixer, or a blender, and mix all ingredients together until a very smooth and creamy texture appears.
- 8. Serve topped off with a dollop of cream, crushed hazelnuts, and ground pepper on top.
- 9. The soup can be frozen and preserves 5-7 days in the frig.



