

Roasted acorn squash and apple soup

Serves 2-3

Ingredients

- 1 medium acorn squash, halved lengthways, seeds removed
- 1 tbsp. olive oil
- Salt and pepper
- 1 medium apple (any kind), quartered, seeds removed
- 1 small onion, quartered
- 2 cups water
- ¼ tsp. ground cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. cardamom
- 2 tbsp. nutritional yeast (optional)



Directions

- 1) Preheat the oven to 400 degrees. Place the acorn squash halves cut-side up on the baking sheet and drizzle with 2 tsp. of the olive oil. Sprinkle each half with salt and pepper. Bake for 40-50 minutes, or until fork tender. Set aside to cool.
- 2) On the baking sheet you used to roast the squash, add the apple and onion. Toss with remaining olive oil and salt and pepper to taste. Roast for 15 minutes or so, or until soft and slightly browned.
- 3) In a food processor or with an immersion blender, puree roasted acorn squash, onion, apple, and remaining ingredients until smooth. Serve hot and enjoy!