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A Gluten Free Butternut Squash Soup with Cinnamon, Apples, Curry and Coconut that tastes like Panera Bread's

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Ingredients

3 tbsp of Coconut Oil

3 lbs butternut squash - diced (I used a package of pre-cut, much easier)

1 celery stalk - diced

1 carrot - diced

1 small onion (optional)

2 small apples - diced (I used Gala apples)

1 carton of either vegetable or chicken stock

1 tsp of Sweet Curry

1 tsp of Salt (use more or less to your taste)

1/2 tsp of Cinnamon

1/4 tsp of Rosemary

1-2 tbsp Raw Coconut Sugar (use more or less to your taste)

1/2 cup Plain Fat Free Greek Yogurt

Instructions

Sauté the diced squash, celery, carrot, onion and apples in the coconut oil on low-med heat until the squash is soft, stirring often

Add the carton of stock and stir

Use an Emulsion Blender to liquify it to your desired consistency

Add the curry, salt, cinnamon, rosemary, coconut sugar and greek yogurt

Blend again and taste

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- ENJOY!!

This is just as delicious (if not better) as Panera Bread.

My family ate it right up...

My husband even had a second bowl

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