

# Roasted Butternut Squash Soup

## Ingredients:

- 5 cups cubed butternut squash, skin removed (~1 small butternut squash)
- 2 cups carrots (peeled and cut on an angle into ~1-inch slices)
- 1/2 medium white or yellow onion, sliced (~1 cup or 120 g)
- 5 cloves garlic, peeled (left whole or slightly crushed)
- 2 tsp avocado oil (if oil-free, sub a bit more maple syrup and/or a little vegetable broth)
- 2 tsp maple syrup
- 1 healthy pinch each sea salt & black pepper
- 1 ½ – 2 cups vegetable broth
- 2/3 cup light coconut milk, plus more for serving (or sub cashew milk)
- 1/4 tsp ground cinnamon
- 1 pinch nutmeg (optional)
- 1 pinch cayenne (optional)
- Toasted croutons (see notes for instructions)
- Toasted pumpkin seeds (pepitas)

View the full recipe at [\*\*minimalistbaker.com\*\*](https://minimalistbaker.com)



Cook time

50 minutes

Servings

6

Calories

141

Protein

2.9g