SQUASH & PUMPKIN SOUP

Ingredients:
1 medium acorn squash
1 medium pumpkin
2 carrots
4 cups broth or water
3 Tbsp curry powder
2 Tbsp cinnamon
3 Tbsp honey
3 Tbsp olive oil
Salt

Tip: to change up the texture of this soup, you can puree half of the squash, pumpkin and carrots. Cut the other half into chunks and add to the soup.

Instructions:

- Preheat the oven to 450 F.
- Grease a large baking tray with oil. Roast the squash, pumpkin and carrots for about 30 minutes or until soft.
- Let the vegetables cool before handling.
- Remove the peel and seeds from the squash and pumpkin.
- In a food processor, puree squash, pumpkin, carrots, broth, curry powder, cinnamon, honey and salt.
- Heat before serving.
- Enjoy with our *Garlic Cheese Bread*.

Serves 4 to 6 people

Good to know

This dish is an excellent source of vitamin A and C.