

Mark's Kitchen

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Dairy-Free Creamy Butternut Squash Soup

It's still pretty chilly around here, which means lots of warm, comforting meals with the family. This butternut squash soup from my friend Amie Valpone ([The Healthy Apple](#)) is one of my favorites. It's nourishing, delicious, and creamy without any dairy.

Ready in: 1 hour

Serves: 2- 4

Ingredients

- 1 large butternut squash, sliced in half lengthwise and seeds discarded
- 1 tablespoon extra-virgin olive oil
- Sea salt and freshly ground pepper, to taste
- 2 $\frac{3}{4}$ cups unsweetened almond milk (or any other dairy-free milk alternative), plus more if needed
- Large pinch of ground cinnamon

Step 1: Preheat the oven to 400°F. Prepare a large rimmed baking sheet with parchment paper.

Step 2: Place the butternut squash onto the prepared baking sheet facing up. Drizzle with the oil and sprinkle with salt and pepper.

Step 3: Roast in the oven for 50 minutes or until the squash is tender. Set the squash aside to cool for 5-10 minutes.

Step 4: Then, use a large spoon to scoop out the squash flesh and place it into a food processor. Add the almond milk, sea salt and pepper to taste. Add a large pinch of cinnamon and puree the mixture until it reaches your desired consistency. Add more dairy-free milk if needed. Season to taste with salt and pepper and serve immediately.

Step 5: Store leftovers in a sealed glass container in the refrigerator for up to three days.

Nutritional analysis per serving (if serving 4): calories 133, fat 5g, saturated fat 1 g, cholesterol 0mg, fiber 7g, protein 3g, carbohydrate 23g, sodium 169mg