

# Cleansing Carrot Autumn Squash Soup



**cleansing**  
**CARROT AUTUMN SQUASH**  
**SOUP**

**Prep Time:** 15-20 Min **Cook Time:** 25 Min **Total Time:** 40 Min

## Ingredients:

- 1/2 cup low-sodium vegetable broth, or water (for sautéing)
- 1/2 white onion, chopped
- 1-2 cloves garlic, minced
- 2 medium-sized carrots, chopped
- 1 apple, chopped
- 1.5 tablespoons fresh ginger, minced
- 1 small butternut squash, peeled and chopped
- 1 teaspoon sea salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon dried thyme
- 1/4 teaspoon cinnamon
- black pepper, to taste
- 4 cups low-sodium vegetable broth
- 1/2 cup unsweetened almond milk (or light coconut milk)
- fresh juice from 1/2 lemon

## Instructions:

1. In a soup pot, heat the veggie broth (or water) on medium-high heat. Sauté the onion and garlic for 2-3 minutes.
2. Add in the carrots, apple and ginger. Cook for about 5 minutes.
3. Add in the butternut squash, sea salt, turmeric, thyme, cinnamon and pepper. Mix well and cook another 5 minutes.
4. Pour in the vegetable (or chicken) broth and almond milk. Bring to a boil then reduce heat and cover. Simmer for about 20 minutes, or until all vegetables are soft.
5. Turn off heat and stir in the fresh lemon juice (optional)
6. Using a hand blender (immersion blender) puree the soup until smooth and creamy. You can also use a regular blender but be careful! Be sure to let out the hot air from the top to prevent a soup explosion.
7. Taste test and add more salt or extra spices as needed.
8. Serve immediately. Garnish with fresh apple, raisins, hemp seeds, pumpkin seeds or pecans!
9. Refrigerate for up to 3 days. Freezes well.

**Notes from Lori:** This soup is filling and so delicious. Make a 1.5 or double batch to freeze soup for busy days. To prepare the butternut squash, cut it in half and put in oven at 180 for around 90 minutes, peel and cut up. As a short cut purchase frozen pureed squash (Trader Joe's) or cut up squash. The original recipe called for maple syrup, but it did not need it. I topped the soup with pumpkin seeds and a cut up avocado. Perfect soup for the fall season!

## Health Coach Contact Information:

Lori Kearney, Certified Integrative Nutrition Health Coach + Wellness Educator

Cell: 612.720.1335

Email: [mindfulhealthwithlori@yahoo.com](mailto:mindfulhealthwithlori@yahoo.com) Web: [www.mindfulhealthwithlori.com](http://www.mindfulhealthwithlori.com) (coming soon!)

Facebook Page (Daily Healthy Inspiration): [www.facebook.com/BMindfulHealth](http://www.facebook.com/BMindfulHealth)

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