



Butternut Squash and Apple Soup

Apples add a bit of tang to this autumn soup.

If you have apples, squash and maple syrup available locally, you're ready to make this tasty, satisfying soup. It freezes well, so feel free to double the recipe and freeze some for a cold winter's night.

Ingredients

2½ pounds butternut squash, peeled and diced 3 to 4 cooking apples 4 cups chicken broth 1 stick cinnamon 1 cup milk ¼ cup melted butter 2 T. maple syrup ¼ tsp. salt ¼ tsp. nutmeg ¼ tsp. ginger

Preparation

Peel and dice squash; peel and quarter apples. In a heavy pot, combine squash, apples, chicken broth and cinnamon stick; bring to boil. Reduce heat and simmer 20-30 minutes, until tender. Remove cinnamon stick. Process in blender until smooth. Return mixture to pot; stir in milk, butter, syrup and spices. Cook over low heat, stirring constantly, until well heated. Garnish with thin apple slices and ground nutmeg.

Serves 6.