

FOOD

Butternut Squash and Sweet Potato Soup

Butternut Squash Sweet Potato Soup is creamy, comforting, and easy to make. Vegan and gluten-free.



INGREDIENTS:

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 2 carrots, peeled and finely chopped, (about 3/4 cup)
- 1/4 teaspoon salt
- 1 medium butternut squash, peeled and diced (about 5 cups)
- 1 large sweet potato, peeled and diced (about 3 cups)
- 4 cups vegetable broth
- 1/2 cup full fat coconut milk
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon curry powder
- 1/8 teaspoon ground nutmeg

DIRECTIONS:

1. In a large pot, warm the oil over medium heat. Add the carrot and onion, sprinkle with salt and cook for 5 minutes. Add the spices then stir together.
2. Next add the diced squash and sweet potato to the pot then pour in the vegetable broth and bring to a boil. Reduce to a simmer and cover while allowing it to cook for about twenty minutes or until all of the veggies are very tender.
3. Using an immersion blender or regular blender, puree the vegetables until a thick, smooth consistency is reached. Transfer mixture back to the pot then pour in the coconut milk. Stir to combine then cook until heated through, about 5 minutes. Serve warm and enjoy!

Savory Zucchini Bread

INSTRUCTIONS:

1. Heat your oven to 350 degrees. Spray a loaf pan with a light coating of vegetable spray.
2. In a mixing bowl, combine the flour, baking powder, baking soda, and salt. Stir to combine. Set aside.
3. Cut off the top of the zucchini. Discard. Then roughly chop the remaining and place in a food processor. Pulse a few seconds.
4. Roughly chop the tomato, basil leaves, and scallions. Add these to the food processor. Pulse for several seconds. Use a spatula to push any pieces in the side of the bowl down. Pulse again, until shredded. Add the water, apple cider vinegar and vegetable oil. Pulse again to combine.
5. Pour the contents from the food processor into the mixing bowl with the flour. Stir until just combined.**
6. Pour the batter into prepared loaf pan. Top with the 3 tomato slices.
7. Place in heated oven and bake for 70 minutes, until a toothpick inserted in the middle of the loaf comes out clean. The top of the loaf should be a golden brown.



INGREDIENTS:

- 3 cups flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 1 medium zucchini
- 1 medium tomato
- 1/2 cup fresh basil chopped
- 1/2 cup scallions chopped
- 1 cup water
- 1 tablespoon apple cider vinegar
- 3 tablespoons vegetable oil
- 3 thin slices tomato



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