

Creamy Squash Soup with Shredded Apples



Ingredients:

2 cups butternut squash, pureed

2 medium apples

1 Tbsp olive oil

½ tsp pumpkin pie spice

2 cans (12 oz each) evaporated
milk, fat-free

¼ tsp salt

1/8 tsp black pepper

Directions:

Cube squash and soften in microwave (approximately 5 to 10 minutes). Once softened, puree in food processor or blender. Meanwhile, Peel and shred apples using a grater or food processor. Set aside 1/4 cup.

Warm oil in a 4-quart saucepan over medium heat. Add all but 1/4 cup apples.

Cook and stir until apples soften, about 5 minutes.

Stir in squash and pumpkin pie spice.

Add the evaporated milk about 1/2 cup at a time to the squash mixture, stirring after each addition. Cook and stir over medium heat until soup is about to boil.

Ladle into individual soup bowls. Top each 1 Tbsp of unused apples (from the 1/4 cup that was set aside earlier). Serve.

Nutritional Information

Makes 4 servings

Recipe Source: Fruits & Veggies More Matters

Calories: 290

Total Fat: 4g

Saturated Fat: 1g

% of Calories from Fat: 12%

Dietary Fiber: 7g

Carbohydrates: 51g

Cholesterol: 10mg

Sodium: 370mg

Protein: 16g