

Low-Point Creamy Butternut Squash Soup

Ingredients:

- 1 Butternut squash, peeled, seeded, and cubed
- 1 small onion, roughly chopped
- 2 Tbs olive oil
- 2 tsp. salt
- 1/2 tsp. black pepper
- 15 oz. can pure pumpkin
- 2 cups vegetable broth
- 1 1/2 cups apple cider
- 1 1/2 cups half and half
- 2 Tbs honey
- 1/4 tsp. curry powder
- 1/2 tsp. cinnamon
- Garnish Ideas: Pumpkin seeds, sunflower seeds, nuts, sour cream, mascarpone cheese, herbs or anything that sounds good to you.

Preheat oven to 450 degrees. Place squash and onion in a roaster pan. Drizzle with olive oil and sprinkle salt and pepper on top. Place in oven and bake for 20 minutes. Remove and allow to cool for 10 to 15 minutes. Puree squash mixture in a food processor. Scoop the squash puree into a large saucepan and add the rest of the ingredients (except the garnish). Bring to a low boil over medium heat. Garnish with your choice of toppings and enjoy!

Total servings - 10 cups

Serving size - 1 cup

Points per serving - 3.5

Points plus per serving - 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Autumn is a second spring when every leaf is a flower."
- Albert Camus***