

Butternut Squash Bisque

with cashew cream

PREP TIME: 12 min

COOK TIME: 35 Min

SERVINGS: 4

Directions:

For the Bisque:

1. Cut butternut squash vertically down the center and scoop out the seeds and place on a sheet pan.
2. Chop the carrots and add to the sheet pan.
3. Season the squash and the carrots with salt, pepper, ginger, and avocado oil.
4. Chop the shallots and set them aside.
5. Place the squash and carrots in the oven and roast for 35 minutes.
6. Add shallots during the last 10 minutes of cooking.
7. Place squash, carrots, shallots, and the vegetable cube in a blender with 4 cups of water and puree to desired consistency.

For the cashew cream:

In a blender: add 1/2 cup of cashews with 2 cups of water and blend until very smooth. (Should be the same consistency as yogurt)

Sprinkle with a pinch of salt and nutmeg.

Set 1 tablespoon aside to garnish the the soup and store the rest in a glass mason jar in the refrigerator.

Will keep for 3-4 days in refrigerator.

Ingredients:

- 1 Butternut squash
- 2 Fresh carrots (peeled and chopped)
- 1 Large shallot (Rough chopped)
- 1 tblsp Fresh cilantro
- 1 Vegetable broth cube
- 1 tsp Salt
- 1/2 tsp Fresh cracked black pepper
- 1/2" piece Fresh ginger root peeled
- 1 tblsp Avocado oil
- 1 pinch Ground nutmeg
- 1 cup Raw cashew nuts (soaked min 2 hrs)
- 4 cups Filtered water

Garnish with a tablespoon of cashew cream, a drizzle of olive oil, fresh cracked black pepper and cilantro.

Ayurveda:

Butternut squash is primarily sweet in taste. It is a building taste which is nourishing in quality and combined with the added warming spices it is easy to digest and pretty balanced for all doshas.

Pacifying and nourishing for Vata and Pitta. If you have more of a Kapha constitution or If your digestion feels a bit slow or sluggish, add more ginger and black pepper and go easy on the cashew cream.