

Maple Roasted Butternut Squash Soup

Adapted from recipe on <www.maplefromquebec.ca>

- 1 butternut squash, halved lengthwise and seeded
- 1 onion, thinly sliced
- 3 tbsp avocado oil
- 4 tbsp maple syrup (preferably amber syrup for its rich flavour)
- 1 head of garlic
- 4 cups chicken stock or vegetable broth or water salt and pepper to taste
- 1 Tbsp pumpkin seeds

Preheat your oven to 400F.

1. On your cookie sheet lined with parchment paper, set your squash cut side up.
2. Fill the hole with your thinly sliced onions , drizzle 1 tbsp of oil and 1 1/2 tbsp of maple syrup over each half, then season with salt and pepper.
3. Next you will turn your squash cut side down to do this place a small piece of parchment paper over the cut side, and with the palm of your hand over the paper, flip over and set on parchment paper covered cookie sheet.
4. Slide out the small piece of parchment paper and repeat with the second half.
5. Cut the top off of your head of garlic so that you can see the cloves set both the top that has been cut off and the bottom with the exposed cloves on a piece of tin foil.
6. Drizzle the remaining 1 tbsp of oil, and maple syrup over the garlic pieces. Sprinkle with salt and pepper, then wrap it all up and place on the cookie sheet with the squash halves.
7. Bake in the oven for about 1/2 hour + or until a squash is soft.
8. Once the squash and garlic are cool enough to handle, squeeze the cloves out of the head of garlic into your blender.
9. Then scoop out the squash and onion into the blender as well.
10. Now add in your broth and blend until smooth adding more liquid as desired.
11. Warm soup to desired temperature and top with Cashew Sour Cream and pumpkin seeds.