



Recipe Details

Recipe Name - Butternut, Apple, & Sweet Potato Soup

Recipe Steps -

Ingredients

- 4 1/2 cup or 1 whole butternut squash
- 1 1/2 cup or 1 large apple
- 2 1/2 cups sweet potatoes or 1 large sweet potato
- 1 large onion
- 5 to 6 cloves of garlic
- 1/2 cup chickpeas
- Juice of 1 lemon
- 1/4 cup maple syrup
- 2 Tbsp low sodium vegetable Better than Bullion
- 2 1/2 tsp cinnamon
- 3/4 tsp allspice
- Fresh cracked pepper to taste
- 6 cups water

Instructions

1. Chop all fruits and veggies into large chunks
2. Place all ingredients into Instant Pot. Cook on high pressure for 40 minutes. Either slow release for 20 + minutes or quick release immediately
3. Remove ingredients from Instant Pot and place into blender OR use a handheld blender
4. Blend with an immersion blender until smooth and creamy
5. Serve with a dash of cinnamon and enjoy!

