



## 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!

