

Gourmet Butternut Squash Soup

Makes about 4 servings.

3½ C cooked butternut squash, mashed

1 C DariFree™ or other milk substitute

2 C water

1 Tbsp oil (optional)

Dash of marjoram

Dash of ground sage

Dash of crushed rosemary

To taste: salt and pepper

2 Tbsp brown sugar

Mix squash, milk substitute, and water together in a food processor or blender. Place in a saucepan and add spices, salt, pepper, and brown sugar. You will be surprised at the great taste of this healthful soup!



From the Author

Optional Garnish:

- Dash of cayenne pepper and/or
- 1 tsp non-dairy sour cream

