**Butternut Squash Soup**

prep:15 minutes  cook:30 minutes to 40 minutes

6-8 serving

Ingredients:

* 1 whole Butternut Squash, peeled and chopped
* 1 whole Onion, chopped
* 1 quart free range, organic, Chicken Stock
* 1 tsp ground Cinnamon
* 1 tsp Salt
* 1/2 tsp ground Nutmeg
* 2 Tbsp Organic Coconut Oil

Process:

1. Sauté chopped onion in coconut oil in a large pot.
2. Add in cinnamon, nutmeg, and salt.
3. Add chopped butternut squash to pot, and pour in broth.
4. Boil the butternut squash in the broth until tender.
5. Puree soup in a food processor or high-speed blender until smooth.
6. Garnish with a sprinkling of cinnamon and chopped walnuts.