

# Harvest Apple Soup

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-apple-soup-for-cold-recipe>

## Ingredients:

- 2 apples chopped, with skins on
- 1/2 cup pumpkin chopped, I got about 1 cup from 2 pie pumpkins
- 1 cup butternut squash chopped
- 1 clove garlic chopped
- 2 tablespoons olive oil
- 1 tablespoon sage chopped
- 4 cups broth I used chicken
- 1/3 cup half and half or milk/heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon smoked paprika
- toasted pecans chopped, for garnish, optional

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 10 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 3 grams
8. Sodium: 940 milligrams
9. Sugar: 11 grams

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