

Slow Cooker Blissful Butternut Squash Soup

Yield: 4 min
Total Time: 255 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-squash-soup-recipe>

Ingredients:

- 16 ounces butternut squash , 1/2 small , halved, seeds removed
- 16 ounces squash , 1/2 buttercup or kobacha, halved, seeds removed but not peeled
- 2 shallot large, quartered
- 2 cups chicken broth or 1-1/2 tbsp Better Bouillon w/water
- 3/4 cup light coconut milk
- 1 pinch nutmeg
- coconut milk optional
- chives optional
- pepitas optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 39 grams
3. Fat: 16 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 10 grams
7. Sodium: 60 milligrams
8. Sugar: 6 grams

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