



RECIPE OF THE MONTH

Butternut Squash Soup

- 1 butternut squash
- 1 sweet potato
- 1 sweet pepper
- 1 onion
- 1 clove garlic
- Salt & pepper
- 1 pint veg stock
- Olive oil



Chop the onion & garlic and cook with a splash of oil in the microwave
Meanwhile, chop the squash, potato and pepper.

Add to the cooked onion & garlic with the stock and season.
Cook in microwave until soft, transfer to a blender and blast! Add more water
if too thick.

GORGEOUS!!!

“CHANGING THE SHAPE OF YOUR WORLD”