Autumn Butternut Squash Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

Soup ---------- - ripe butternut squash, peeled, de-seeded and cubed - 2 apples, peeled and cubed - 2 celery stalks, chopped and de-veined - a medium onion, diced - salt - cinnamon - nutmeg **Dressing** ---------- - vanilla yogurt - maple syrup

Instructions

1. Sweat the onions in a deep pot with a little bit of olive oil. 2. Add the squash, celery and apples, fill with water, but just under the top created by the vegetables. 3. Boil/simmer until everything is softened. Keep stirring to make sure all the vegetables are being cooked evenly. 4. Season as you like with salt, nutmeg and cinnamon. (A little bit of nutmeg goes a long way so use it sparingly.) 5. Throw everything into a blender and either serve it out or put it in a large bowl. 6. Mix 2:1 parts yogurt to maple syrup and dress the top of the soup. Enjoy this very autumnal dish with a BIG spoon!