

Butternut Squash & Sweet Potato Soup

SERVES 4

Calcium ✓
Vitamin D ✓
Iodine * ✓



Ingredients

- 1 tablespoon olive oil
- 1 medium onion, peeled and diced
- 2 cloves garlic, peeled and crushed
- 1 teaspoon hot curry powder
- 300g sweet potato, peeled and diced
- 250g butternut squash, peeled and diced
- ½ teaspoon salt
- 2 tablespoons basil leaves, torn
- 750ml lactose free vegetable stock (2 stock cubes)
- 250ml soya milk

Directions

- Heat the oil in a large saucepan, add the onion and garlic and cook until soft. Then add the curry powder and cook for another minute.
- Add the sweet potato and butternut squash, stir and cook for another 2 minutes.
- Add the salt, basil leaves, vegetable stock and soya milk and bring to the boil. Reduce to a simmer for 20 minutes until the sweet potato is cooked.
- Blend or process the vegetable mixture until smooth.
- Serve the soup hot or cold.

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Recipe provided by Alpro

Lactose & Galactose Free Recipe