

# **Creamy Pumpkin Soup**

Looking for a warm meal on a cold night?  
This recipe is one you'll want to serve often!



Ingredients:

- 8 cups pumpkin, peeled, seeds removed,  
and cut into 2-inch chunks
- 4 large sweet-tart apples, cut into small pieces
- 2 cups Greek yogurt
- 1/4 cup extra-virgin olive oil
- 1 1/4 tsp salt
- 1/4 tsp pepper
- 1 Tbsp chopped fresh sage
- 4 cups chicken broth

Pre-heat oven to 450 degrees F.

1. Toss apples and olive oil in a large bowl, coating with olive oil, salt, and pepper.
2. Place on a large baking sheet and then roast for 30 minutes. Stir in sage and continue to roast until tender and starting to brown.
3. Place a third of the pumpkin and apple mixture in a blender and blend until smooth with 2 cups of the broth.
4. Move this to a large pot and then continue doing this two more times with the remaining squash and apple mixture.
5. Stir in sage and continue to cook for another 5-10 minutes or until heated through.  
Serve with a dollop of yogurt if desired.