



## **Berkshire Butternut Squash Soup** : Written by The Canyon Ranch Kitchen

### **Nutrition Information (per serving)**

calories 85, protein 3 g, sodium 279 mg, carbohydrates 16 g, fat 1 g, fiber 2 g, cholesterol Trace  
Servings: 4 ( $\frac{3}{4}$  cup ea.)

### **Ingredients**

1 med shallot, minced  
1 sm clove garlic, minced  
1 tsp extra-virgin olive oil  
3 cups peeled, seeded and cubed butternut squash (about 1 lb)  
2 cups [chicken stock](#)  
 $\frac{3}{4}$  cup apple cider  
 $\frac{1}{4}$  cup nonfat sour cream  
 $\frac{2}{3}$  teaspoon sea salt  
 $\frac{1}{8}$  teaspoon freshly ground black pepper

### **Instructions**

In a medium saucepan over low heat, sauté shallots and garlic in olive oil. Be careful not to burn.

1. Add squash, chicken stock and apple cider and cook until squash is soft enough to blend. Pour into blender container and blend until smooth.
2. Add sour cream, salt and pepper and continue to process until well mixed.
3. Divide among 4 bowls and top with a piece of fresh sage.