

SQUASH AND FLAX SOUP

INGREDIENTS

2 Tbsp/30 ml flax seed, soaked
¼ cup/60 ml sunflower seeds, soaked
1 ½ Tbsp 23ml extra virgin olive oil
1 medium yellow onion, chopped
2 cloves garlic, passed through a garlic press
2 ribs celery, trimmed and chopped
2 large carrots, peeled and chopped
1 medium butternut squash, cooked
4 cups/960 ml low-sodium vegetable stock or water (gluten-free if necessary)
1 cup/240 ml sprouts-use your favorite sprouts
2 Tbsp 30 ml organic apple cider vinegar
1 tsp/5 ml dried crumbled oregano
Sea salt and fresh ground black pepper

PREPARATION

1. Soak the flaxseed in one bowl of water and the sunflower seeds in another bowl of water, for one hour.
2. Heat olive oil in a medium skillet over medium high heat. Sauté' onions, garlic, celery and carrots until onions become soft.
3. Scoop flesh out of cooked squash into a large saucepan or Dutch oven. Add cooked onion, celery, garlic and carrot. Add 4 cups/960 ml liquid and set over medium heat. Bring to a gentle boil. Purée these ingredients right in the pan with a hand blender. Blend until smooth. Remove from heat. Add all remaining ingredients including the soaked seeds, and purée's until smooth. Add sea salt and fresh ground pepper. If the soup is still too thick add some water and purée's again. Serve immediately.

NUTRITIONAL VALUE PER SERVING 6 servings

Calories: 156/Calories from fat: 80/Protein: 3g/Carbs: 16g/Dietary Fiber: 4g/Sugars: 7g/Fat: 85g/Sodium: 434mg