

Butternut Squash Soup

WITH HOMEMADE DRESSING

FEATURES:

CUISINE:



15 min



Serves 1



Easy



Ingredients

- 1 cup butternut squash
- 8-9 baby carrots or 2 medium carrots
- 1 orange or yellow bell pepper
- 7 oz. unsweetened coconut milk
- 1 Tbsp. organic maple syrup
- 1 Tbsp. soy sauce
or tamari, reduced sodium
- 1 Tbsp. Sriracha sauce
- salt to taste

- For Garnish
- ½ cup peanuts chopped
- ½ cup fresh cilantro chopped
- 2 Tbsp. lime juice



Directions

Butternut Squash soup is a very comforting warm soup to be had on cold wintry nights. With coconut milk, carrots, and orange bell peppers this soup is very nutritious and easy to make. In the Instant Pot, it takes only 10 mins to make.

My husband who isn't an avid soup lover has this one by the bowlfuls. It's just that delicious. You can add all the orange vegetables that Fall offers and make this delicious soup at home. No need to go to Panera bread for that. The best part is it gives you all your vitamins A, C, and carotenoid requirements for the day. Isn't that awesome!

This delicious butternut squash soup is a great base – try it with pasta or pearl barley thrown in.

(Visited 291 times, 2 visits today)

Steps

1

○ DONE

BUTTERNUT SQUASH SOUP



Method

1. Add all the Ingredients to the Instant pot bowl.
 2. Close the lid and set the seal to sealing position.
 3. Set the IP on steam mode for 10 minutes.
 4. While that is cooking, prepare the garnish by combining all the garnish ingredients together.
 5. Once done, allow the natural release. Then open the IP and mix all the ingredients together to soup consistency using either a stick blender or by transferring them to another blender.
 6. Serve in a soup bowl with the garnish!
-
-

Chickpea Angel Hair with Walnuts and Asparagus



Medium



Ingredients

- 1 bunch Asparagus
ends removed & quartered
- 2 Tbsp. coconut oil
- 6-8 chopped tomatoes
Plum Variety
- 4 allspice or pumpkin spice powder
minced
- 20 chopped walnuts
chopped & toasted
- 1/2 cup vegetable broth
- 1 tsp. crushed red pepper
optional: 1 tsp of your favorite Herbs
- 8 oz. chickpea angel hair pasta
- to taste cheese
shredded/grated your favorite type



Directions

Heart healthy, gluten free, savory dish packed with omega-3s, fiber, and protein.

(Visited 10 times, 1 visits today)

Steps

1

TOAST WALNUTS

DONE

Heat a pan and add chopped walnuts to toast them. Set aside.

2

SAUTE & SIMMER

DONE

To the same pan, add coconut oil and garlic. Sauté until golden, careful not to burn. Add tomatoes and season with sea salt, chili flakes, and pepper. Simmer about 4 minutes.

3

BROTH

DONE

Add broth and stir.

4

MIX IN ASPARAGUS & HERBS / SPICES

DONE

Add asparagus, sea salt, black pepper, and your favorite herbs. Mix well.

5

SIMMER

DONE

Cover and simmer for 10 minutes on medium low heat.

6

PREPARE THE PASTA

DONE

While sauce is simmering, boil salted water and cook pasta per package instructions. Drain when done

7

ADD WALNUTS

DONE

After the sauce simmers for 10 minutes, add walnuts to it and mix.

8

COMBINE PASTA & SAUCE

DONE

Add the cooked pasta to the sauce and toss well.

9

GARNISH & SERVE

DONE

Garnish with a little shredded cheese and dried herbs prior to serving.

Honey and Nut Granola

FEATURES:

CUISINE:



40min



Serves 8



Medium



Ingredients

- 5 cups old fashioned oats
- 1 cup almonds chopped
- 1 cup chopped walnuts
- 1 cup pecans chopped
- 1/2 cup sunflower seeds
- 1/2 cup coconut oil
- 1/4 cup coconut sugar
- 1/2 cup raw organic honey
- 1 Tbsp. vanilla extract
optional
- 1 Tbsp. almond extract
optional



Directions

Honey and Nut Granola Recipe! Cooking – Prepared by Dr. Bijal Dave.

Super healthy breakfast mix, travel snack, after school or after work snack. Protein, fiber, and omegas 3 rich.

(Visited 313 times, 1 visits today)

1

○ DONE

HONEY AND NUT GRANOLA RECIPE



Method

1. Preheat oven at 325°F.
2. Mix all the wet ingredients into a homogeneous mixture in a big bowl.
3. Add all the dry ingredients to it and using your hands mix them all very well.
4. Line a baking tray with parchment paper and spray it with Pam, then spread it evenly over the baking tray and pat it down with your hands evenly.
5. Bake for 30 minutes.

Once done, cool and use as breakfast with fruits or as a snack.

Enjoy!
