

Thick and Creamy Roasted Butternut Squash Soup

Printable grocery list - Serves 4

- ☐ Large butternut squash
- ☐ Fat-free vegetable or chicken broth (4 cups)
- ☐ Large red onion
- ☐ Granny Smith apples (2)
- ☐ Garlic (6 cloves)
- ☐ Fat-free half and half (2/3 cup)
- ☐ Olive oil
- ☐ Cayenne pepper
- ☐ Salt and pepper
- ☐ Vegetable cooking spray
- ☐ Fat-free plain Greek yogurt or sour cream (optional)