



## Wholesome Butternut Chowder

### INGREDIENTS:

- 1 pkg of fresh cut butternut squash
- 1/4 cup onion, diced
- 16oz. vegetable broth
- 16oz can of organic corn
- 1/2 tsp cinnamon
- 2 tsp of raw sugar
- 1.5 cups & 2 tsp of skim milk
- 2 tbs pumpkin butter or applesauce
- salt & pepper to taste

### Directions:

Bring 1 quart of water to a boil. Add cubed squash, cover, and cook until tender. Drain and puree squash.

Puree corn with 2 tsp of milk and 1 tsp of sugar.

Combine pureed squash and corn, onion, broth, cinnamon, pumpkin butter and sugar.

Bring to a boil. Boil for 5 minutes.

Add 1.5 cups of milk. Reduce heat. Cook for 10 minutes. DO NOT BOIL.

Enjoy!

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