

Birchwood Café's Maple Squash Soup

Adapted from the Birchwood Café Cookbook

From the Kitchen of: [Dr. Sara Jean Barrett](#)



This recipe comes from [Birchwood Cafe's](#) newly published cookbook and is already a favorite. I went to Birchwood recently and fell in love with this soup. Lucky me, it's in their new cookbook! I am always looking for new ways to prepare delicious whole foods-based meals and this cookbook is a gem.

Ingredients:

- 2 Tbsp rice bran oil
- 1 medium onion, chopped
- 2 pounds butternut squash, peeled, seeded and cut into 1/2-inch pieces
- 1 cup apple cider
- 2 cups vegetable stock or water
- 1 cup coconut milk
- 2 Tbsp maple syrup
- salt and freshly ground black pepper
- microgreens
- toasted pepitas

Directions

1. Heat the oil in a heavy saucepan over low heat, and saute the onion, stirring, until it's tender but not browned, about 5 minutes.
2. Add the squash, apple cider, and stock. Simmer until the squash is very tender, about 20 minutes. Stir in the coconut milk and the maple syrup. Working in batches, puree the soup in a blender. Return the soup to the pot, adding more liquid as desired, season with salt and pepper, and heat through. Serve garnished with microgreens and pepitas (optional).