

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Squash Soup



1 small butternut or 1 large section of a banana squash

1 acorn squash

1 leek

Nutmeg

Salt and pepper

Soy milk (optional)

Cut the squash into equal sections and bake at 350 degrees for 45-60 minutes, until soft. When the squash is done remove from oven and let rest. Cut the bottom 3-4 inches of the leek (the white part) into 1/4 inch slices and gently sauté in olive oil until translucent. Remove the soft pulp from the rind of the squash and place in a blender with the leeks. Process until smooth (You may need to add a little soy milk at this stage). Add nutmeg, salt, pepper and milk to taste.