

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

December 28, 2011

Butternut Soup

1 Butternut squash peeled and cut into 1 inch cubes

2 potatoes peeled and cubed

1 onion chopped

8 cups water

4 tsp. vegetable bullion

(or substitute 8 Cups of vegetable stock)

2 tsp. real salt

Pepper to taste



Cook until tender about 1 hr. and blend until smooth, then add ¼ cup coconut oil.