



Presenter: Neidi
30th November 2020

Butternut Squash Soup

Ingredients

150g butternut squash peeled & diced
½ tsp Cumin
1 tsp Coconut Oil
Unsalted Peanuts
85mls of Coconut Milk
Corriander (optional to your taste)

½ tsp Turmeric
½ tsp Black pepper
Salt (optional to your taste)
175mls Water
Half an onion (red or white)
Lime Juice

Method

1. Melt 1 tsp of Coconut Oil in a pan. Once melted add in 150g Butternut Squash and simmer for 3-4 minutes until butternut squash is starting to get soft and light brown, stir often.
2. Chop up half an onion and add to Butternut Squash and fry for approx. 40 seconds.
3. Add ½ tsp Tumeric, ½ tsp Cumin and ½ tsp black pepper, mix well with Butternut Squash and Onion.
4. Add 85mls of Coconut milk and 175mls of water and leave to simmer for 7-8 minutes.
5. Add salt (amount is optional to your taste).
6. Once soup is ready add Corriander (amount is optional to your taste).
7. Add peanuts and the juice of half a lime.

Almond and Lemon Cookies

Ingredients

1 ½ cups ground Almonds
3 tblsp brown sugar
Lemon zest

2-3 tbls butter
2 tblsp lemon juice

1. Mix all the ingredients into a dough like consistency.
2. Place in fridge for at least 10 minutes.
3. Roll out dough and make cookie shapes, use fork to push down on top of cookie.
4. Put in oven for 7-8 minutes at 200 C
5. Enjoy!