

# Leek & Butternut Squash Soup



Simple, nutrient dense ingredients combine to make this warming, Autumnal soup.

- 1 butternut squash (aprox 800g), diced
- 1 leek, chopped
- Pinch of dried chilli flakes
- 3cm piece of fresh ginger, grated
- 1 litre vegetable stock
- Squeeze of lime juice
- Finely chopped coriander
- Himalayan salt and freshly ground black pepper
- Toasted pumpkin seeds

Cover the leeks and squash with stock and simmer gently. When beginning to soften add the ginger and dried chilli flakes. When the ingredients are tender, cool slightly and blend. Add salt and pepper to taste.

Serve with a squeeze of lime, finely chopped coriander, and a sprinkling of toasted pumpkin seeds.

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