

## Butternut Squash & Sweet Potato Soup Recipe



My favorite thing about the alkaline diet is that while I'm eating the foods my body craves – foods that deliver abundant vitamins and minerals, as well as healthy fats and proteins – I also get to enjoy flavorful, delicious foods that I really love.

That's the case with today's recipe. This recipe comes from our 7-Day Alkaline Cleanse New Year New Healthy You recipe guide, and I think you're going to LOVE it!

That's the case with today's recipe. If you like butternut squash soup, this takes it up a few notches and the results are crave-worthy.

Make sure you fix enough to have leftovers because this makes a perfect lunch for all the cold days ahead, in addition to being an excellent alkaline dinner.

Give it a try and let me know what you think over on [Facebook](#).

### BUTTERNUT SQUASH & SWEET POTATO SOUP

#### Ingredients [Serves 4]

- 1 butternut squash, peeled, seeded and diced
- 1 sweet potato, peeled and diced
- 2 carrots, trimmed, peeled and sliced
- 1 fennel bulb, trimmed and chopped
- 6 shallots, peeled and finely sliced
- 1 gluten-free vegetable stock cube
- 1 garlic clove, peeled and chopped
- 4 tbsp. chopped fresh parsley
- 1 bunch of radishes, trimmed and chopped
- 4-6 tbsp. pumpkin seeds



#### Directions

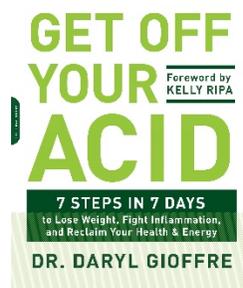
Bring a large pan half-filled with water to a boil. Add the squash, sweet potato, carrots, fennel, shallots, and stock cube. Bring to the boil, then lower the heat and simmer for 10-12 minutes.

Remove from heat and add the garlic. Allow to cool, and then strain the vegetables into a large bowl to keep the stock.

Add half the stock to the vegetables and blend in a food processor or with a hand-held blender to desired consistency.

Reheat the soup gently, adding more reserved stock if necessary.

Divide between warmed soup bowls and serve garnished with the parsley, radishes, and pumpkin seeds as desired.



There are lots more delicious dinner ideas and recipes in my best-selling book, [\*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy\*](#).

In fact, you'll 65 of my BEST alkaline and keto friendly recipes in addition to my Top 7 Steps to GET OFF YOUR ACID. I give you the strategy you need to conveniently RESET your health and energy in the New Year!

Here's what Courtney and Mario Lopez had to say about it...



**"We're able to eat delicious food and be the healthiest versions of ourselves."**

"With obesity rates being what they are, eating clean is a big deal in our house. As parents, it's important to model healthy eating for our kids and show them what a sensible plate looks like. We feel our best when we're taking care of ourselves physically, and that's what Dr. Daryl's book, *Get Off Your Acid*, has done for us. We're able to eat delicious food and be the healthiest versions of ourselves. Thank you, Dr. Daryl!"

-Mario and Courtney Lopez