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▶▶ June 2014 ◀◀

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## ***Creamy Squash Soup with Shredded Apples***

- 2 Boxes (16 oz each) of frozen pureed winter (butternut) squash
- 2 Medium apples (try Golden Delicious or Gala)
- 1 Tbsp olive oil
- 1/2 Tsp pumpkin pie spice
- 2 Cans (12 oz each) fat-free evaporated milk
- 1/4 Tsp salt
- 1/8 Tsp ground black pepper

- 1) Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
- 2) Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
- 3) Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
- 4) Stir in thawed squash and pumpkin pie spice.
- 5) Add the evaporated milk about ½ cup at a time, stirring after each addition.
- 6) Season with salt and pepper.
- 7) Cook and stir over high heat just until soup is about to boil.
- 8) Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice if desired, and serve.

Makes 4 Servings