

Paleo butternut squash soup

Paleo diet is the new diet trend, because of its immense health benefits. Technically the food eaten by the cavemen, a paleo diet encourages hearty meals and intake of animal protein. Though it might sound like a diet custom-made for men, Paleo food is proven to work wonders for women. Paleo lifestyle eliminates sugar and soy, a phytoestrogen, both responsible for mood swings, menstrual cramps and add several inches to your waistline. Rather, this diet encourages intake of healthy fats like omega-3 fatty acids which ensure superior cognitive abilities in offspring. It's nutrient-dense thus maintaining a hormonal balance and ensure fertility.

Now that you have enough reasons to go Paleo, it's time to check out the perfect grub to kick-start your healthy culinary venture. Try out this simple Paleo version of classic butternut squash soup. It's deliciously creamy, in spite of being dairy-free (another Paleo restriction) and has the elegance of a gourmet delicacy. Yet, it calls for affordable ingredients available in every supermarket or lurking in your pantry.

The soup gets its silky texture from the thick coconut milk and pureed sweet potatoes, the latter compensating for the lack of sugar as well. The aromatic leeks make sure that the soup is far from being bland and boring like an ordinary healthy dish. The entire ensemble not only work together to turn the soup into an ultimate gastronomic indulgence, but makes it filling enough to be enjoyed as a light meal all by itself. So warm up to its savory flavors and enjoy its nourishing goodness!



Serves: 6

Ingredients:

- 1 $\frac{1}{2}$ lb. butternut squash, peeled and diced
- 12 oz. sweet potatoes, peeled and diced
- 2 medium leeks, sliced
- $\frac{1}{2}$ cup thick coconut milk
- 4-6 cups chicken broth
- 2 tbsp. coconut oil
- $\frac{1}{2}$ tsp. freshly ground black pepper
- 1 tsp. sea salt
- Chopped green onions, to garnish

Instructions:

- Drizzle oil in a pot and heat it over medium heat until it simmers.

- Throw in the chopped veggies and leeks along with a dash each of salt and pepper.
- Stir fry for 5 minutes until the veggies begin to brown and pour in enough broth to immerse the ingredients completely.
- Bring the mixture to a boil and reduce to a simmer.
- Cook likewise for 20 minutes, stirring at times, until the sweet potatoes turn tender.
- Blend them with a handheld blender until smooth and fold in the coconut milk.
- Cook for a minute to reheat the soup and ladle into soup bowls.
- Sprinkle little chopped green onions on top of each serving and sip in to relax!

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