

Butternut Squash Soup

from Raw - The Uncook Book by Juliano

3 cups Butternut Squash, peeled, seeded and chopped
1 mango, cubed
2 teaspoons curry
4 cups orange juice
½ cup honey or dates

For garnish

1 plantain or banana, sliced
½ cup chopped mint
A pinch of minced jalapeno
1 mango, seeded, peeled and diced



In a blender, combine the butternut squash, mango, curry, orange juice, and honey or dates and blend until creamy. Garnish with plantain or banana slices, mint, jalapeno, and mango. Serve immediately after blending. Serves 4.

Complements of Spirit Touch Living Light Center

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