

## Menu Options

### Sweet Potato and Butternut Squash Soup:



Chopped onion leek celery and carrot

1 large sweet potato and butternut squash peeled and chopped

1 teaspoon of coconut oil or olive oil.

1 /1/2 Knorr chicken or vegetable stock pots

$\frac{1}{2}$  teaspoon of curry powder

1 litre of water

1 tin of reduced fat coconut milk.

Cook off all vegetables in oil for 5 minutes, add curry powder and stir, add water coconut milk and stock, bring to the boil and simmer for 15 minutes, pass through blender.

To make a more substantial meal add chopped cooked chicken or flaked salmon / prawns

May be stored in fridge for 3 - 4 days