

# WINTER RECIPE

## Butternut Squash Soup

### Ingredients:

- 2 Tbsp margarine
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash, peeled, seeded, and cubed
- 1 (32 fl oz) low sodium vegetable broth
- Pepper and pumpkin pie spice to taste



**Serves 6**

### Directions:

1. Melt the margarine in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned.
2. Pour in enough of the vegetable broth to cover vegetables. Bring to a boil.
3. Reduce heat to low, cover pot, and simmer 40 minutes or until vegetables are tender.
4. Transfer the soup to a blender and blend until smooth.
5. Return soup to the pot, and mix in any remaining broth to desired consistency. Season with salt and pepper.

# CHRISTMAS RECIPES

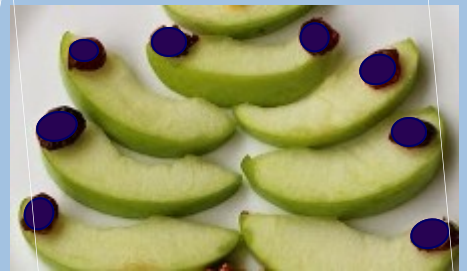
## Apple Christmas Tree

### What you will need:

Apples, carrots, cheddar cheese, blueberries

### How to make it:

1. Cut each apple into 8 slices and arrange on a plate as the branches of the "tree" (see picture).
2. Cut two triangles of cheese and overlap at the top of the "tree" as a star.
3. Add a carrot stick to the bottom of the "tree" as a trunk, and add blueberries to the "branches" as decorations.



## Fruit Candy Cane

### What you will need:

Bananas and strawberries (sliced)

### How to make it:

Arrange banana and strawberry slices on a plate in the shape of a candy cane, alternating between bananas and strawberries to make stripes.