

# Tiny Plate, Tiny Waist's

## Harvest Spice Soup

This recipe is gluten-free, casein-free and vegan!!!

**Have a warm bowl of soup on a crisp, autumn afternoon!**

**It tastes like pumpkin pie, but it's healthy!**

8 oz. cashew milk  
4 oz. pureed butternut squash (baby food works well)  
4 oz. pureed sweet potato (baby food works well)  
4 oz. pureed pumpkin (100% canned pumpkin or baby food will work well. Make sure you're not selecting canned pumpkin pie filling. ☺)

1 tablespoon brown rice flour  
1 1/2 teaspoons coconut oil  
1 teaspoon 100% pure maple syrup  
1 packet of stevia  
dash of nutmeg  
dash of cinnamon

1. Place a medium saucepan on a stove burner.
2. Turn the burner to medium heat.
3. Add the coconut oil to the sauce pan. Do not leave the sauce pan unattended as it could burn easily.
4. As soon as the coconut oil has liquefied, add the brown rice flour and stir.
5. Turn the burner off.
6. Add 2 oz. the cashew milk to the oil and flour.
7. Mix thoroughly using a whisk.
8. Add another 2 oz. of the cashew milk and mix thoroughly using a whisk.
9. Add the remaining cashew milk to the saucepan and mix thoroughly using a whisk.
10. Turn the burner to high heat.
11. Whisk the mixture constantly until it bubbles.
12. Reduce the heat to medium-high and continue whisking for 60 seconds.
13. Turn the burner off.
14. Add the butternut squash puree and mix thoroughly using a whisk.
15. Add the sweet potato puree and mix thoroughly using a whisk.
16. Add the pumpkin puree and mix thoroughly using a whisk.
17. Add the maple syrup, stevia and spices and mix thoroughly using a whisk.
18. Turn the burner to medium heat and continue whisking the mixture.
19. Continue cooking the soup for 15 minutes while whisking at least once per minute.
20. Turn the heat to medium-low if it starts to bubble a lot.
21. Using potholders, remove the saucepan from the burner and place it on a trivet.
22. Allow the soup to cool for about 3 minutes.
23. Don't forget to turn off the burner.
24. Pour 1/3 of the soup into a bowl and enjoy!
25. Place the other 2 servings in an air-tight container in the refrigerator or share with friends. ☺

**If you enjoyed this recipe, please check out the book! It has tons of healthy recipes, fun exercises and relaxation routines to melt away your stress!**

Tiny Plate, Tiny Waist: A Plan for Fitness, Weight Loss and Stress Reduction

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