

Faithfully Feeding Family

Week 3, August 23, 2018

Butternut Squash Soup

Ingredients:

- One 2 to 3 lb. butternut squash, peeled and seeded
- 2 tbsp. unsalted butter (or butter alternative)
- 1 medium onion, chopped
- 2 cloves garlic minced
- 1 spear of celery, chopped
- 6 cups chicken stock
- Nutmeg
- Salt & Pepper
- 1 can of full fat coconut milk or cream

Instructions:

Cut squash into 1 inch chunks. In large pot melt butter. Add onion, celery, and garlic. Cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Add coconut milk, stir and season with nutmeg, salt, and pepper. Serve.

Chocolate Mousse

Ingredients:

- 2 ripe avocados
- $\frac{3}{4}$ c. Coconut Cream
- $\frac{1}{2}$ c. chocolate chips, melted
- $\frac{1}{4}$ - $\frac{1}{2}$ c. maple syrup
- 3 tbsp. cocoa powder
- 1 tsp. vanilla
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{1}{4}$ c. chocolate curls, for garnish

Instructions:

Combine all ingredients except chocolate curls in food processor and process until smooth. Pour into glasses and refrigerate 30 minutes to an hour. Garnish with chocolate curls and serve.

Conversations:

1. What is your favorite worship song? Why is it important to you?
2. What is one goal you have for this year? What's a step you can take today to help you reach that goal?
3. What is one way you saw God working today?
4. What country would you love to visit? Why?
5. What's the best surprise you ever received?
6. If you could produce a movie, what would it be about?
7. What's something you would love to do on a rainy afternoon?