



A Recipe from



## *DR. SINATRA'S* **BUTTERNUT & MACADAMIA NUT BISQUE**

This creamy, delicious dish is rich in antioxidants, fiber, and anti-inflammatory omega-3s that are particularly important for inclusion in your heart-healthy diet. Butternut squash is warming and good for stabilizing blood sugar levels to keep your system balanced for hours. [Macadamia nuts](#) contain essential vitamins and minerals including potassium, manganese, thiamine, and fiber, all of which help your body defend against disease and increase overall energy.

*\*Choose organic produce whenever possible\**

- 2 tablespoons extra-virgin [olive oil](#)
- 1 cup chopped onions
- $\frac{3}{4}$  cup macadamia nuts, roughly chopped
- 2 teaspoons grated fresh ginger, peeled
- 1 clove minced garlic
- 1 teaspoon ground [turmeric](#)
- 1 cup green apples, peeled, cored, and diced
- 1 medium to large butternut squash, peeled, seeded, and diced
- 1 cup chicken or vegetable Stock
- 4 tablespoons plain yogurt
- 4 teaspoons macadamia nuts, roughly chopped

Heat the oil in a large pot. Add the onions, macadamia nuts, ginger, and garlic and sauté until lightly browned, about 3 to 5 minutes. Stir in the turmeric. Add the apple and squash. Stir for about 3 minutes, coating them with the other ingredients, and then add the stock. Cover and cook for about 20 minutes, until the squash is quite soft. Pour all the ingredients into a food processor and blend until smooth and creamy. Add a little hot water if the soup is too thick or for a thinner consistency. Serve with a large dollop of yogurt and a teaspoon of macadamia nuts. Serves 4.

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)

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