



ROASTED HONEYNUT SQUASH BISQUE

SERVING: 2 CUPS | NUTRITIONAL INFORMATION PER SERVING: 232 KCAL, 36G CARBS, 6G FAT, 4G PROTEIN, 499 MG SODIUM, 10G SUGAR

Ingredients

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| 1.5 pounds of honeynut squash, washed and halved (may substitute butternut squash) | 1.5 cup low sodium vegetable stock |
| 8 oz of washed and peeled carrots | $\frac{3}{4}$ cup of oat milk |
| 1 bulb of fresh garlic | $\frac{1}{4}$ tsp pink Himalayan sea salt |
| 4 oz of Cipollini onions, whole (may substitute yellow or pearl onions) | $\frac{1}{4}$ tsp black pepper |
| 1 sprig of fresh thyme, washed and sprigs removed | $\frac{1}{8}$ tsp of paprika |
| | 1 pinch of nutmeg |
| | 1 pinch of cinnamon |



Directions

1. Preheat oven to 375° and prepare a lined baking sheet.
2. Prepare the vegetables by scooping out seeds of the honeynut squash (save and toast as garnish); cut off the top of the garlic bulb and remove the outer layer if desired; cut off the top and bottom of the Cipollini onions and remove outer layer.
3. Place roasting ingredients on baking sheet and bake until tender about 40-50 minutes, flipping halfway through (add seeds last 5 minutes) and let cool slightly.
4. Scoop out the honeynut squash and place in a blender or food processor with the onions and carrots. Add the garlic cloves or squeeze roasted cloves into the blender mixture. Gently add the 1.5 cups of vegetable stock, $\frac{3}{4}$ cup of oat milk, and seasonings.
5. Blend until smooth and creamy, pour into a bowl, top with desired toppings, and enjoy!



MEET PAMELA SHARPE, MS, FNP-BC NURSE PRACTITIONER & TRAINED CHEF

INTEGRATIVE MEDICINE PROVIDER



ANCC Board-Certified Family Nurse Practitioner



Trained chef



Specializes in integrative & lifestyle medicine at the Osher Center for Integrative Health at the University of Cincinnati



Her philosophy is that it is never too late to change and even the smallest lifestyle changes can lead to lasting results



LIFESTYLE MEDICINE CONSULTATIONS WITH PAMELA

Lifestyle medicine gives you a personalized evidence-based self-care treatment plan to take charge of your health to live your life to the fullest. This includes dietary & physical activity recommendations, stress relief techniques, and integrative therapies such as acupuncture and massage therapy.

SCHEDULE A LIFESTYLE MEDICINE CONSULTATION

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