Ingredients

* Butternut squash
* 4 cans chickpeas
* Apple cider vinegar
* Apple juice
* 2 onions
* Salt and pepper to taste
* Small pumpkin (optional)

Procedure

1. Cut up the onions and butternut squash
2. Saute in a sauce pan over medium heat for 20 minutes
3. Add 1cup apple juice to ½ cup apple cider vinegar until the onions and butternut squash are halfway covered.
4. Add chickpeas
5. Heat for another 10 minutes
6. Add salt and pepper
7. Use the immersion blender to blend until desired consistency is reached.
8. Serve in pumpkin (optional)