



PUMPKIN SOUP

Recipe serves 3-4

Ingredients

2 pie pumpkins (approx. 2 1/4 cups pumpkin puree)
2 shallots, diced
3 cloves garlic, minced
2 cups vegetable broth
1 cup light coconut milk
2 Tbsp maple syrup or honey
1/4 tsp each sea salt, black pepper, cinnamon, nutmeg

Preheat oven to 350 degrees and line a baking sheet with parchment paper.

Using a sharp knife, cut off the tops of two sugar pumpkins and then cut in half.

Use a spoon to scrape out all of the seeds and strings

Brush the flesh with oil and place face down on the baking sheet. Bake for 45-50 minutes or until a fork easily pierces the skin. Remove from the oven, let cool for 10 minutes, then peel away skin and set pumpkin aside.

In a large saucepan over medium heat add 1 Tbsp olive oil, shallot and garlic. Cook for 2-3 minutes, or until slightly browned and translucent.

Add remaining ingredients, including the pumpkin, and bring to a simmer.

Transfer soup mixture to a blender or use an emulsion blender to puree the soup.

Pour mixture back into pot, continue cooking over medium-low heat for 5-10 minutes and taste and adjust seasonings as needed.