



## Pumpkin Soup

4 servings

30 minutes

### Ingredients

- 2 tbsps Coconut Oil
- 1 kilogram Butternut Pumpkin (peeled and diced into cubes)
- 2 cups Vegetable Broth (more depending on how thick or thin you like your soup)
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Ground Ginger
- 1 tsp Ground Sage
- 1 1/2 tpsps Maple Syrup
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Canned Coconut Milk (optional)

### Nutrition

Amount per serving	
Calories	188
Fat	10g
Saturated	8g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	20g
Fiber	8g
Sugar	9g
Protein	3g

### Directions

- 1 In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
- 2 Bring to a boil and let simmer for about 20 minutes or until pumpkin is soft. Once cooked puree soup and divide into separate bowls.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

**No Coconut Milk:** Use Greek yogurt.

**Serve it With:** A slice of toasted rye sourdough bread.

**More Protein:** Add some whole cooked chickpeas into your soup after puree to make it more of a meal.