

Pumpkin or butternut squash, carrots, ginger Soup – Serves 4

Ingredients:

1 medium-size butternut squash or 2 cups of chopped pumpkin
2 small-medium carrots or 1 big chopped
drizzle of olive oil
Small piece gingerroot, peeled and chopped
1 1/2 cup coconut milk
2 cups of homemade vegetable broth*
1 tsp ayurvedic fall spices mix*
1/4 tsp nutmeg
dash of salt and black pepper
1/2 tbsp of coconut oil (organic and virgin)

Fresh cilantro and roasted sliced almonds to garnish – Option 1

Hemp seeds to garnish – Option 2

Pan fried or roasted pumpkin seeds – Option 3

Instructions:

1-Preheat oven to 185C. Cut the pumpkin and place in a baking dish with salt, pepper and olive oil; bring to oven for about 30 minutes.

2-In a medium pan, heat the coconut oil, add gingerroot and fry for about 2 minutes, add the carrots, and spices, fry for about 3 minutes;

3-Warm the coconut milk and broth in another pan and add to the carrots; bring to a boil in medium heat, lower the heat and cook for 15minutes;

4-Add the pumpkin, cook for another 5 minutes.

5-Remove from heat and using a hand blender, process the mixture until smooth and creamy.

Serve with your favorite topping!