



Simple Pumpkin Soup.

4 servings

20 minutes

Ingredients

- 2 1/4 cups Pureed Pumpkin
- 2 cups Low Sodium Organic Vegetable Broth
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Ground Ginger
- 1 tsp Ground Sage
- 1 1/2 tbsps Date Syrup
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	80
Fat	1g
Saturated	0g
Trans	0g
Carbs	19g
Fiber	4g
Sugar	12g
Protein	2g
Cholesterol	0mg
Sodium	92mg

Directions

- 1 In a stock pot, heat 2 T. veggie broth over medium heat.
- 2 Whisk in pureed pumpkin & remaining veggie broth.
- 3 Slowly, whisk in remaining ingredients one at a time until thoroughly combined.
- 4 Simmer for 10 minutes. Stirring occasionally.
- 5 Divide the pumpkin soup into bowls. Add your favorite toppings. Enjoy!

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.

Toppings: * Pumpkin seeds * Dried cranberries * Chopped parsley * Plant based parmesan * Nutritional yeast * Kale chips

Add A Fun Twist: Make a fun spider web or snow flake version of the soup by putting a little coconut milk in a squeeze bottle (or using a baggie with the tip cut off) and drawing a spiral in the bowl. Using toothpick, draw straight lines from the center of the spiral to the outer edge of the bowl. To make the spider, cut a black olive in half for the body and cut small slices for the legs. Leave the "spider" out for a snow flake version.