



PUMPKIN AND VEGETABLE PROTEIN SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 45 mins

Serves: 10

INGREDIENTS

- ¼ cup coconut oil
- 750g pumpkin, chopped
- 1 large swede, chopped
- 2 carrots, chopped
- 1 stalk celery, chopped
- 3 cloves garlic, crushed
- 1 large onion, chopped
- 2 tsp ginger, grated
- 1 lt. Vegetable stock
- 1 can coconut milk
- 1 scoop vanilla protein powder mixed into 1 cup water.
- 1 tsp pink salt, pepper to taste

METHOD

- Melt coconut oil in large saucepan over medium high heat.
- Add pumpkin, swede, carrots, celery, garlic, onion and ginger, and fry stirring for 15 minutes.
- Add stock and bring to the boil, then reduce heat and simmer for 30 minutes.
- Blend with stick blender, and add coconut milk, protein powder mix, salt and pepper.
- Increase heat until almost boiling, while stirring.
- Serve hot with coconut yoghurt and coriander.

