



Curried Pumpkin Soup

(Dairy or non dairy)

Ingredients:

- 2 tablespoons coconut or extra-virgin olive oil
- 1 large sweet onion, diced
- 2 cloves garlic, minced
- 1 tablespoon minced ginger
- Two 15-ounce cans pure pumpkin puree
(or 4 cups fresh roasted pumpkin)
- 2 cups vegetable stock
- One 15-ounce can coconut milk
- 1 tablespoon honey
- 2 teaspoons red curry paste
- 2 teaspoons salt
- 2 tablespoons lime juice
- 2 tablespoons finely chopped cilantro
(optional)

*sprinkle with toasted pumpkin seeds and paprika

