

Cream of Pumpkin Soup

Ingredients:

- 2 cups low sodium vegetable broth
- 2 cups unsweetened dairy-free milk
- 2 cups of pumpkin chunks
- ¼ cup chopped zucchini
- ½ cup sweet onion, chopped
- 2-3 cloves garlic, coarsely chopped
- 1-2 tbsp. Braggs or Coconut Aminos
- 1-2 dashes pumpkin spice or a blend of equal parts of coriander, ginger and cardamom

Instructions:

1. Place all ingredients into a deep pot. Cook on medium-high heat until pumpkin is soft, about 15 minutes.
2. Use a stick or immersion blender to puree the entire soup until creamy and smooth or carefully pour the soup into a regular blender and blend on low.

Tips: You can use butternut squash instead of pumpkin. Serve with whole-grain crackers, toasted bread, or croutons and a side salad.

Servings: approx. 4