

Pumpkin soup

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Prep time: 40 minutes

Cook Time: 30 minutes

Servings: 2 persons

Ingredients:

Pumpkin - I am using a medium sized butter nut squash.

Apple - 1 medium

Ginger - 1 inch

Salt to taste

Pepper to taste

Cinnamon - 1 tsp

Instructions:

1. Wash and dry the butternut squash.
2. Preheat the oven to 200 C . Prepare a baking tray and line it with baking paper.
3. Slice the pumpkin in half lengthwise and remove the seeds. Brush with oil and place on the baking tray.
4. Roast the pumpkin for 20 minutes.
5. Once done, scoop out the flesh and keep aside.
6. Chop the ginger, and apple.
7. Heat oil in a pan and cook the above until softened.
8. Add the pumpkin flesh and the cooked ginger-apple to a blender and blend until smooth.
9. Heat oil in a pan(you can use the same pan), and add the puree. Cook over low heat.
10. When it comes to a boil, add chicken stock or water to thin it a bit. Add the spices and cook some more.
11. Serve with cream and fresh herbs if you choose. Enjoy!