



LOW CARB PUMPKIN BISQUE

INGREDIENTS

- 1 cup pumpkin purée
- 1 cup riced cauliflower
- 2 tbsp butter
- 4oz cream cheese
- 1 cup heavy cream
- 1 cup water
- 2 scoops Ketologie Roast Chicken Bone Broth
- 2 tbsp sour cream
- ½ tsp pumpkin spice seasoning
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tbsp pumpkin seeds (pepitas)
- 1 tbsp thinly sliced sage
- ½ tsp crushed red chili flakes.

INSTRUCTIONS

In a medium saucepan melt butter with pumpkin spice, salt, onion and garlic powder then add riced cauliflower.

Sauté over medium heat until cauliflower is soft. Next, add heavy cream and softened cream cheese, whisk until smooth.

Combine two scoops of Ketologie Roast Chicken Bone Broth along with sour cream and pumpkin purée. Stir until soup has reached a simmer.

Pro Tip* When purchasing pumpkin purée make sure not to accidentally grab pumpkin pie filling which is full of added sugar. Look for a pumpkin purée that contains only one ingredient...100% pumpkin.

8 serving Approx. ½ cup serving size

Nutrition Facts	
Low Carb Pumpkin Bisque	
Amount Per Serving (0.5 cup)	
Calories 198	Calories from Fat 171
% Daily Value*	
Fat 19g	29%
Saturated Fat 12g	75%
Cholesterol 66mg	22%
Sodium 396mg	17%
Potassium 165mg	5%
Carbohydrates 5g	2%
Fiber 1g	4%
Sugar 2g	2%
Protein 2g	4%
Vitamin A 5501IU	110%
Vitamin C 11mg	13%
Calcium 49mg	5%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

