

Gut-Healing Pumpkin Soup

It's like a big warm hug in a bowl!

Gluten, dairy and refined sugar-free



Ingredients:

- 1/2 pumpkin (I used jap)
- 4 cups filtered water
- 1 brown onion
- Turmeric 1/2 tsp
- Coriander flakes or fresh 1 tsp
- Ginger 1 tsp fresh grated
- [Perfect Collagen](#) 2 scoops
- Atlantic dulse flakes 1 tbsp
- Garlic cloves x 2 (optional)
- Hemp oil 1 tsp
- [Coconut oil](#) for frying

Method:

1. To save time you can roast your pumpkin the night before or you can do it fresh. I cut my pumpkin up into large pieces and roasted it in an oven on 190 degrees c for about 30 minutes.
2. The next step is to dice your onion and garlic
3. Add some coconut oil to your pan on a medium heat and then add in the onions
4. Let this sauté until softened then add in your garlic, ginger and spices
5. Add in your water then the cooked pumpkin (or fresh if you prefer? I believe that roasted pumpkin is much sweeter and gives a better result)
6. Let this simmer for around 20 minutes and then add in the remaining ingredients (dulse, salt, collagen and coriander leaf)
7. With a stick/hand blender whizz this up until smooth and creamy
8. Serve in bowls with coconut yoghurt and fresh coriander