

# Cashew Pumpkin Soup



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## Ingredients

Yield: Four 1 cup servings

- 1 tbsp coconut oil
- 1 very small or ½ large onion, chopped
- 3 cloves garlic, minced
- 1/2 tsp turmeric & paprika
- 1 (15 ounce) can of pumpkin
- 1 1/2 c chicken broth
- 1 small jar roasted red peppers
- 1/3 c cashew butter
- 1 tsp maple syrup
- 1/2 tsp sea salt & black pepper
- 1 tbsp lemon juice
- 1/2 c plain coconut or almond milk

## Directions

1. Heat coconut oil over medium heat in a sauce pan.
2. Brown onion then add garlic for two minutes.
3. Add everything but coconut milk, lemon juice and maple syrup.
4. Bring to a boil, then allow to simmer for 5 minutes.
5. Stir in salt, pepper and lemon juice.
6. Pour into blender and puree until smooth.
7. Serve in a bowl with parsley garnish if desired.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	297	14.5 g	4.3 g	19.5 g	531 g

Carbohydrate Exchanges: 1 ½