

BENEFITS OF PUMPKIN

Pumpkin contains many valuable vitamins and nutrients:

VITAMIN A – Critical for eye health and night vision, high in beta-carotene protecting us from the sun's harmful UV rays, keeping skin young.

VITAMIN C – An antioxidant known for strengthening the immune system and boosting collagen production. Also improves iron absorption and reduces oxidative stress.

FIBER – Important for digestion, lowering cholesterol and keeping us full longer.

MAGNESIUM – Very important for energy, muscles and nervous system regulation.

POTASSIUM – Necessary for muscle contraction, good digestion, water balance, and healthy blood pressure.

VEGAN PUMPKIN TURMERIC SOUP

Ingredients – 8 servings

- 1 small to medium pumpkin
- 2 tbsp. coconut oil, divided
- Sea Salt
- 3 Kombu leaves
- 4 cups water
- 1 onion, chopped
- 1 2-inch piece of ginger, peeled and chopped
- 2 tbsp. turmeric powder
- 1 can organic coconut milk
- 1/2 cup cilantro (optional)
- 1 red Serrano pepper, sliced (optional)

1. Preheat oven to 400°F. Using a large knife, halve the pumpkin. Remove the seeds and set aside. Place pumpkin, cut side down on a baking sheet and bake in oven until flesh is completely soft, about 45 minutes.

2. Coat another baking sheet with 1 tbsp. coconut oil. Remove any flesh or stringy parts from pumpkin seeds. Arrange seeds on baking sheet and place in oven. Roast seeds until crunchy and brown, about 20 minutes, stirring halfway through the baking process. Remove from oven, season with sea salt and let cool.

3. In a large pot bring Kombu leaves and water to a simmer for 20 minutes. Remove Kombu and set aside.

4. In a medium skillet, sauté onion in remaining tablespoon of coconut oil until onion is translucent and softened, about five minutes. Add ginger and Turmeric spice and sauté two minutes more.

5. Add cooked onion mixture, cooked pumpkin and three-fourths of the coconut milk to broth and transfer to a blender in small batches, depending on your blender. Blend soup until velvety smooth (do not over blend). Season with sea salt and pepper to taste.

6. Serve warm and drizzle each serving with remaining coconut milk. Top with cilantro, sliced chili pepper and pumpkin seeds if desired.

- Written by Kathryn Holly Mott, RD, ONC