

## SERIOUSLY GOOD PUMPKIN SOUP

2 tablespoons coconut oil  
1 onion, diced  
4 cloves garlic, crushed  
1 tablespoon fresh ginger, grated  
1 teaspoon each ground cumin and curry powder  
800-900 grams pumpkin, peeled and chopped  
1 agria potato, peeled and chopped  
1 carrot, peeled and chopped  
1 litre vegetable stock  
sea salt and ground pepper  
¼ cup smooth almond butter



Heat oil in a large saucepan and add the onion, garlic, ginger and spices and cook for a couple of minutes. Add the pumpkin, potato and carrot and coat with the spicy mixture. Add stock, season and bring to the boil. Simmer, partially covered for 20-25 minutes.

Blend in batches with the almond butter until smooth.

A good recipe if your pumpkins don't store well. Put the soup into individual servings in ziplock bags and freeze – ideal for lunches.

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