

Pumpkin Coconut Soup

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

Instructions:

1. Saute shallots and garlic in ghee (clarified butter) or extra-virgin olive oil diluted with some water. Once tender set aside.
2. In a high speed blender or food processor, combine sauteed ingredients with chickpeas, roasted pumpkin, milk and water. Do not blend till smooth, keep some chunks. Only blend about 20 seconds.
3. Transfer blended mixture to large soup pot. Add lemon, curry powder, sea salt and pepper. Heat but do not boil. Enjoy immediately!

Notes:

*This soup has so much wonderful flavour all on it's own that you might not even need to add the curry powder. I love the brand simply organic and the curry powder added such a wonderful flavour to the soup.