



# PUMPKIN SOUP

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

Diced pumpkin bag or 1/2 pumpkin

1 can of lentils

Olive oil

1/2 cup full fat yoghurt

1/2 cup milk

2 cups vegetable stock

1/2 tsp cumin/paprika

1/4 tsp cinnamon/nutmeg

2 slices of bread

**Calories/serve** = 740

**Protein/serve** = 48g

## DIRECTIONS

1. Boil pumpkin until tender (10-15 mins).
2. Heat olive oil in pan at medium heat ( +/- garlic to taste).
3. Add spices and stir until fragrant.
4. Add boiled pumpkin, lentils and mix together.
5. Add vegetable stock and simmer for 10 mins.
6. Add yoghurt and milk and bring to boil.
7. To make the blend, add this soup and 2 x bread slices into blender and mix until smooth.

## NOTES

- Blend to consistency of pancake batter.
- This is 1 serving for a tubie.
- To batch or cook for the family, double or triple the portions.