



## **PUMPKIN AND SWEET POTATO SOUP WITH COCONUT MILK**

PREPARATION AND COOKING TIME: 30 MIN

### INGREDIENTS

- 250 g pumpkin
- 220 ml coconut milk or sour cream
- 1 scoop NUTRILITE All Plant Protein
- 100 g carrot
- 70 g sweet potato
- 50 g onion
- 1 crushed clove of garlic
- 15 g pumpkin seeds
- 15 ml olive oil
- 15 g fresh coriander or parsley
- 1 pinch curry powder
- 1 pinch turmeric powder
- Optional: thin strips of fresh ginger for added spice

### PREPARATION METHOD

1. Peel and chop all the vegetables and cook in an iCook pan of boiling, salted water until tender, using VITALOK™. Drain and return to pan. Pour in the coconut milk and add NUTRILITE All Plant Protein Powder.
2. Bring to the boil again, add curry, turmeric and seasoning.
3. Blend the mixture using the iCook Blender, adding more liquid for a thinner soup, if desired.
4. Sprinkle with pumpkin seeds, coriander leaves and optional ginger strips before serving.