

Pumpkin & Cauliflower Soup

Ingredients:

1 tablespoon olive oil

1/3 of a small pumpkin, skin removed and diced into cubes

½ head cauliflower, cut into florets

3 Jerusalem artichokes, washed, peeled and chopped

3 cloves garlic

1 brown onion, diced

2 teaspoons fresh thyme

3 cups water + 3 teaspoons vegetable mixed in (this makes our stock)

1 teaspoon salt + pepper

¼ cup coconut milk

Method:

- Heat up large pot with oil. Add onions and garlic and fry for 1 minute. Add pumpkin, artichokes, cauliflower and thyme and cook off for another 5 minutes, continuously mixing.
- Add salt, pepper and stock. Stir through then cover with a pot lid. Let it simmer for 15-20 minutes or until vegetables are soft.
- Blend with a stick blender until smooth. Add in coconut milk and blend again until combined.
- Serve into 4 large bowls.