

Peanut Butter Pumpkin Soup
Nutrition in Seattle with Cindy Olejar
www.nutritioninseattle.info

Ingredients

- 4 cups vegetable broth
- 3 ½ cups pumpkin purée
- 1/4 cup natural unsalted peanut butter
- 1 cup full fat coconut milk
- 2 tablespoons coconut aminos
- 2 tablespoons maple syrup
- 2 tablespoons sugar free Sriracha (optional)
- ½ tsp sea salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp ginger
- ½ tsp pepper (optional)

For garnish

- Lime, cilantro, coconut milk, or more Sriracha

Instructions

1. Over medium-high heat in a big pot heat the vegetable broth, pumpkin, peanut butter, coconut milk, coconut aminos, maple syrup and Sriracha whisking well to combine.
2. Then add the sea salt, garlic, onion, cumin, coriander, ginger and pepper and cook until it is completely heated through.
3. Garnish with a wedge of lime, some cilantro, more Sriracha, a drizzel of coconut milk, or just enjoy as it is.