

Peanut Butter Pumpkin Soup  
Whole Foods Nutrition with Cindy Olejar  
[www.wholefoodsnutrition.org](http://www.wholefoodsnutrition.org)

Serves 2 to 4

**Ingredients**

- 4 cups vegetable broth
- 3 ½ cups pumpkin purée
- ¼ cup natural unsalted peanut butter
- 1 cup low fat coconut milk
- 2 tablespoons coconut aminos
- ½ tsp sea salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp ginger

**For garnish**

- Lime, cilantro, or coconut milk

**Instructions**

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