

Gingered Pumpkin Soup

- 2 cups fresh pumpkin, roasted (Sugar Pie Pumpkin)**
- 1-2 tbsp olive oil**
- 1 gala apple, quartered and seeded**
- 2 cups almond milk, warmed**
- 1 tbsp fresh ginger root, peeled and chopped**
- ½ tsp freshly grated nutmeg**
- ½ tsp sea salt**
- fresh cracked black pepper to taste**
- ¼ cup toasted pumpkin seeds (pepitas)**

Preheat oven to 400 degrees. Wash small pumpkin and slice into quarters. Clean out seeds and stringy fibers with a metal spoon. Rub pumpkin flesh with olive oil and lay face down on foil lined baking pan. Roast for 45 minutes or until tender. After 30 minutes, add apple to baking pan for remaining time. Remove from oven and let cool for 5 minutes before peeling pumpkin shell.

In blender, combine roasted pumpkin, apple, almond milk, ginger root, nutmeg, salt and pepper. Blend until smooth. Garnish with toasted pumpkin seeds to serve.

Serves 2-4 | Recipe is Vegan and Gluten-Free

