



Spider Web Pumpkin Soup

4 servings

20 minutes

Ingredients

2 tbsps Coconut Oil
 2 1/4 cups Pureed Pumpkin
 2 cups Vegetable Broth
 1/2 cup Unsweetened Almond Milk
 1 tsp Ground Ginger
 1 tsp Ground Sage
 1 1/2 tps Maple Syrup
 1/2 tsp Sea Salt
 1/4 tsp Black Pepper
 1/4 cup Canned Coconut Milk (optional)
 1/4 cup Black Olives (pitted and sliced)

Nutrition

Amount per serving	
Calories	162
Carbs	15g
Fiber	4g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	715mg
Vitamin A	21812IU
Vitamin C	6mg
Calcium	110mg
Iron	3mg
Vitamin D	13IU

Directions

- 1 In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
- 2 Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
- 3 Meanwhile, slice your black olives and set aside for garnish.
- 4 Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
- 5 Garnish soup with olive slices in the form of spiders. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

No Coconut Milk: Use coconut yogurt.

No Squeeze Bottle: Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

Serve it With: A slice of toasted bread.