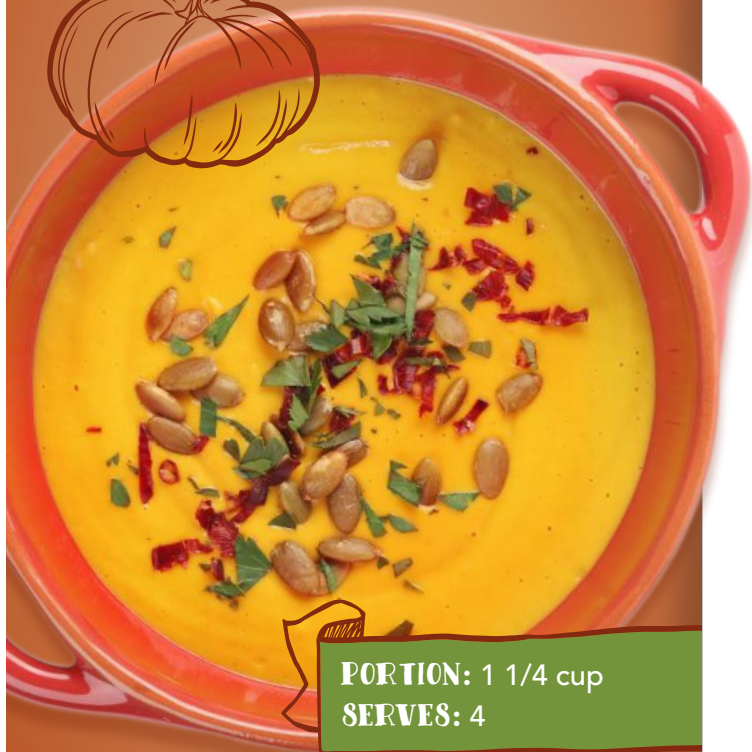


# COCONUT Pumpkin Soup

WITH TOASTED PEPITAS



**PORTION:** 1 1/4 cup  
**SERVES:** 4

## SUPERFOOD

### INGREDIENTS

1 ea Leeks	1 2/3 cup, 1 tsp Coconut Milk
1 Tbsp Unsalted Butter	1/4 cup Pumpkin Seeds, Hulled
1 Tbsp Olive Oil	1/2 tsp Canola Oil
1 tsp Salt	1/4 cup Fresh Cilantro, Chopped
1/4 tsp White Pepper	2 ea Dried Guajillo Chili Peppers
1 lb Pumpkin, Cubed	

### METHOD

1. Clean the green part from leeks and discard. Place leeks in a bowl of water to soak. Remove from the water and repeat to thoroughly clean the leeks. Pat the leeks dry, then shred the leeks. Heat butter and oil in a heavy duty sauce pot on medium high heat and add leeks. Season with salt and white pepper. Reduce heat to medium low and cover pot. Cook until leeks are tender.
2. Steam or boil pumpkin in water until tender. Add pumpkin and coconut milk to leeks and heat through. Puree mixture with an immersion blender or in a blender or food processor until smooth. Season to taste with salt and pepper.
3. Preheat oven to 375F. Arrange pumpkin seeds on a sheet pan in a single layer. Drizzle with oil. Bake in preheated oven for about 7 minutes, or until light brown and crispy.
4. To serve, slice Guajillo Chilies in half. Heat soup to a boil and ladle into bowls. Top each bowl with toasted pumpkin seeds, sliced chilies and chopped cilantro.

### NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
340	9g	1.5g	31g	32g	4g	310mg