



Detox Pumpkin Soup

Serves 1

When doing a detox program, it's important not to cook with oils for more than one minute, however a small drizzle of organic extra virgin coconut oil at the end of cooking – as with this pumpkin soup - can actually support the detox process. As well as lots of flavour, this hearty soup delivers carotenoids to help fight free radicals and prevent premature ageing, cardiovascular disease and certain cancers, Vitamin A for healthy eyes and immune function, potassium to help reduce the risk of hypertension, and zinc for healthy bones and immune system.

Ingredients

Vegetable stock	250 ml
Pumpkin, finely sliced	150 ml
Carrot, finely sliced	50 g
Bay leaf	1 leaf
Pepper black	To taste
Coconut oil	4 ml
Shallot, chopped	15 g
Garlic, chopped	3 g
Leek, finely sliced	15 g
Young Coconut Water and Meat	0.5 piece
Celery French, finely sliced	15 g
Sea salt, Pinch	pinch
Cinnamon powder	0.5 g

Chef's Tip:

To maintain flavours and nutritional benefits, slice your vegetables finely so they require less cooking time.

Method

Place the sliced pumpkin, carrot, shallot, garlic, leek, celery, coconut, bay leaf and vegetable stock in to a saucepan and bring to the boil. Reduce heat and simmer for 5 minutes (or until tender). Remove the bay leaf, allow the soup to cool slightly and then blend well. Reheat the blended soup, and season with salt, black pepper and cayenne pepper. Serve the soup with a drizzle of coconut oil on top.

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