

PUMPKIN SOUP



SERVES 4-6

PREPARATION 15 mins

COOKING 1 hour

Ingredients

Halloween is on the horizon and pumpkins are in abundance, so make the most of the glut with this delicious, easy pumpkin soup. Healthy but still full of autumnal flavour, thanks in part to a touch of cinnamon, it's a perfect warming lunch or light supper dish.

- 250g pumpkin flesh
- 1 onion
- 500ml skimmed milk
- 2 carrots
- Pinch of cinnamon
- Salt & pepper, to taste



Method

Cut the pumpkin into little squares. Peel the onion and carrots and cut them into small slices.

Place all vegetables with the skimmed milk into a saucepan and a pinch of cinnamon. Then bake them until the pumpkin flesh is soft and smooth (this will take about half an hour).

Stir this mixture to make it smooth and heat it again, adding some water. Depending on the consistency you want, leave this for about another half an hour. Add salt and pepper.

Recipe from [Dukandiet.co.uk](http://www.dukandiet.co.uk/) (<http://www.dukandiet.co.uk/>)