



Apple-Pumpkin Soup... perfect for the Fall season!

- from Denise's Kitchen

Ingredients:

- 1 large chopped organic Granny Smith apple (unpeeled)
- 2 tbsp organic coconut oil
- 1 medium chopped organic onion
- 1 tbsp organic curry powder
- 2 tsp freshly grated ginger
- 1 heaping tsp minced organic garlic
- 2 to 3 cups water
- 2 (15 oz) cans organic pumpkin puree
- 1 to 2 tsp sea salt
- 1/4 tsp black pepper
- 3 to 4 tbsp organic honey (or to taste)

Directions:

Using a large saucepan, cook the apple, onion, curry powder, ginger & garlic in the oil over medium heat until all is softened, stirring frequently to prevent any sticking. Add the water & pumpkin and simmer about 15 minutes, continuing to stir often. You may add more water if you prefer a thinner soup. Add the salt, pepper & honey, adjusting to your taste preference. This soup has a very nice flavor...sweet and spicy! I like to double this recipe & serve at Thanksgiving time.