



# Warm pumpkin, coconut, and lime crème of soup

## Ingredients (serves 1)

125 g pumpkin

100 g coconut milk

1 lime

40 g onion

3/4 inch fresh ginger

1 tbsp of extra virgin olive oil

Grated coconut (optional)

Salt (Skip in case of hypertension or fluid retention)

Black pepper

## Method

1. Peel and slice the ginger. Reserve a slice for the presentation.
2. Cut the onion and cook in a pan with a splash of olive oil at low heat for ten minutes.
3. Peel and cut the pumpkin into pieces.
4. To the pot with the onion, add the pumpkin along with the ginger. Cover with water and simmer until the pumpkin is fully cooked.
5. Once cooked, remove the ginger, add the coconut milk, and blend everything together.
6. Add a few drops of olive oil, the juice of a lime, and season with salt and pepper to taste. Blend again until obtaining a fine texture.
7. Serve the soup warm and decorate with a drizzle of coconut milk, olive oil and a piece of ginger.
8. Optionally, and if tolerated, the soup can also be served with grated coconut on top.