

FERTILITY FOOD RECIPES



PUMPKIN SOUP

Ingredients

- ½ kg butternut pumpkin
- ½ cup water
- 125mL cooking cream (substitute with coconut cream for vegan option)
- 1 clove of garlic, peeled
- Paprika to spice level
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 teaspoon maca root powder
- 1 teaspoon dry or freshly chopped sage

Directions

1. Dice pumpkin into cubes and add it to a pressure cooker with water, garlic, olive oil, paprika and salt.
2. Cook for 20 minutes on medium heat until pumpkin is super soft.
3. Using a hand blender, blend the pumpkin into a thick paste.
4. Mix the cream in using a spatula and bring to boil.
5. Turn the heat off and add maca powder and sage and mix thoroughly.
6. Garnish with pepper, olive oil and sage and serve with rustic natural fermentation sourdough.

PREPARATION: 10MIN

COOKING: 20MIN

READY IN: 30MIN