

## **AUTUMN & WINTER RECIPES**

### **Pumpkin/butternut squash soup with black-eye beans and red lentils**

#### **Ingredients**

5 cups water	1 cup chopped Kale/spinach.
1 cup vegetable/chicken stock	2 small turnips (optional)
1 tin coconut milk	Spring onion. (optional)
1 cup red lentils	1 tablespoon grated ginger
500-700g pumpkin or butternut squash	1-2 tablespoon Mixed herbs or your favourite spices.
2-4 medium-sized potatoes	Generous piece of thyme
2 carrots	¼ cup olive oil
2 onions	20 g butter (optional)
4-5 cloves of garlic	2 tsp salt or more if required.
2 cups cooked black-eyed beans (1tin)	Pepper to taste
1-2 stalk celery	½ cup chopped parsley to garnish
250g leek	

#### **Instructions**

- Wash and soak the lentils for a about 30 min. Rinse and set aside.
- Cut all the vegetables into smaller cubes, chop the onion, garlic, and grate ginger.
- Bring a large pot to heat, add the olive oil and butter, fry the onion, garlic, and ginger for a few minutes, then add the rest of the diced vegetables, salt, mixed herbs, cover pot and let them simmer for a few minutes.
- Add water (hot), vegetable/chicken stock and coconut milk. Simmer for 30 minutes or until vegetables are cook.
- Take an immersion blender and blend the soup or use a potato masher to create a thicker consistency.
- Lastly, add the black-eyed beans chopped kale or spinach and turn off the heat.
- Garnish with parsley.

## **Pumpkin Smoothie**

**Put all the ingredients in a blender and blend until smooth.**

1 cup cooked pumpkin

200 g frozen banana

100g dried dates or 1TbIs honey

1 cup milk or plant base  
alternative

¼ -1/2 cup plain yogurt

1 large orange (200g)

Pinch of salt

1tsp cinnamon

1 cup water or more for desired  
thickness.

Oats, nuts, or seeds can also be  
added for addition nutrients and  
satiety.