

GREEN PUMPKIN SOUP

Ingredients:

Green organic pumpkin

Onion, shredded

Pepper

Celtic sea salt

Tablespoon santen or coconut fat

Tablespoon coconut cream



1. Wash the pumpkin with cold water.
2. Cut the pumpkin into large pieces and leave the skin on it. Cut only the ugly, dried out parts of the skin.
3. Boil the pumpkin with skin.
4. Peel and shred an onion and fry it with olive oil for 5 minutes. Onions make a soup taste better. At your own option, you can complete the soup with some garlic, one of the most medicinal vegetables.
5. Put a tablespoon of santen in the soup. This makes it creamy and makes the whole bind better. Santen is a Indonesian name for very healthy coconut fat. These natural fats are burnt very quickly, unlike sugar, which is burned very slowly in the body. In fact, santen is healthier than filtered coconut oil that is sold as a cooking oil at supermarkets.
6. In the soup pan you put only do three ingredients: santen, fried onion and pumpkin. Add coconut cream, salt and pepper in your bowl.
7. Use Celtic sea salt. These dissolve well in the hot soup. Celtic sea salt does not contain one mineral, such as common salt and supermarket sea salt. Celtic sea salt contains over 80 minerals and trace elements and these are all in our blood as well. That tells us it is better to prefer Celtic seasalt.
8. Pepper is not only delicious, freshly ground pepper contains all kinds of anti-inflammatory substances. If you spread the pepper and salt over the coconut cream, you make it look nicer and taste better.
9. This is a basic soup. You can bind it a bit more if you cook carrot or potato and put it in the blender. These vegetables make it a meal soup. Sweet potato is also a good idea. Carrot, normal potatoe and sweet potato do match well with squash.



10. This is a soup made with the peel of pumpkin. You can eat the peel of green pumpkin, just like orange pumpkin. You can not eat the skin of some other pumpkin varieties, such as spaghetti-pumpkin. By pounding or blending the skin, you make even more efficient use of pumpkin medicine.



A

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D**E**

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

30

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

[Tomato](#)

[Turmeric](#)

U**V**

[Vegan milk](#)

W

[Watercress](#)

[Wild vegetables](#)

Z

SUBSCRIBE TO VEGATALES AND GET IT IN YOUR INBOX FOR

18 EURO PER YEAR

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

