



Thai Pumpkin Soup

Expand your pureed food pallet with this Thai pumpkin coconut soup! With just a few ingredients you'll find this recipe to be extremely flavorful which is perfect for those of you transitioning out from your liquid diet to the puree stage.

Ingredients:

- 1 cup of water
- 1 tbsp of Thai red curry paste
- 1 28-ounce of canned pumpkin puree
- 1 cup of light unsweetened coconut milk (can be found in the Asian aisle)
- 2 scoops of Genepro protein
- Grated zest and juice of 2 full size limes
- Sea salt

Directions:

- Bring water to a boil in a large saucepan. Set over medium heat and add the Thai red curry paste and whisk until fully dissolved.
- Add the pumpkin, coconut milk, and ½ teaspoon of salt and whisk until fully mixed. Let the soup come to a light boil, then reduce heat to low, and simmer, uncovered for about 10-15 minutes.
- Whisk the lime juice and zest last. Then season the additional salt to taste, as desired.

“Fall in love with taking care of yourself!”

