

# Roasted Pumpkin Soup

THM-Friendly: FP

8 One Cup Servings (Even two cups will remain FP)

Soup:

- 2-3 lb. pumpkin
- 1-2 rosemary, fresh sprigs
- 1/2 small onion
- 2-3 garlic cloves, whole fresh with skin removed
- 4 cups bone broth/chicken broth
- 1/4 tsp. mineral salt
- 1/4 tsp. sage
- 1/4 tsp. thyme
- 1/4 tsp. cayenne
- 1/2 cup half and half
- 3 Tbsp. THM [Creamy Dreamy Plant Protein](#) or Unflavored [Pristine Whey Protein](#)



Toppings for serving (optional):

- non-fat plain Greek yogurt for garnish
- 3-4 cooked bacon crumbles (this would take you from FP to S if following THM)
- olive oil (this would take you from FP to S if following THM)

Remove the top from the pumpkin and reserve; scrape out the seeds and pulp. Puncture the pumpkin a few times with a knife.

Drizzle the inside of the pumpkin with a small amount of olive oil and fill with sliced onion and rosemary springs. Replace the top. Bake at 350° for 45-50 minutes until tender.

Take off the top and scoop out the onions, rosemary (remove the stems), garlic, and the pumpkin flesh, discarding the pumpkin skin. Add to a small pot.

Add broth, salt, cayenne, thyme, and sage. Over medium heat, simmer for 5-6 minutes.

Add the plant protein and half and half; puree with an immersion blender until smooth (you can also use a blender). Once smooth, serve topped with Greek yogurt, some bacon crumbles, and a drizzle of olive oil.

enJOY!

