**CURRY PUMPKIN CREAM RECIPE**

**List of ingredients:**

• 1 kg of clean pumpkin without skin or nuggets

• 1 large onion

• 2 carrots

• 600 ml mineral water

• 1 tablet vegetable broth (optional)

• 1 can of coconut milk

• 1 tablespoon curry powder (optional)

• Olive oil

• Salt and pepper

• Pumpkin seeds to decorate (optional)

**Directions:**

Cut the pumpkin into dice. Peel the onion and carrots, and dice them.

In a pot with olive oil, sauté the vegetables and then add the water and the tablet vegetable broth. Bring to a boil and let it boil for 20 minutes.

Add curry (optional) and coconut milk. After 10 minutes, turn off heat and use an immersion blender to blend the soup until smooth. Add salt and pepper.

Serve cream with pumpkin seeds if you wish.