

PUMPKIN SOUP

INGREDIENTS:

- ½ **Jap/Kent pumpkin** (other varieties can be substituted)
- 5-6 cups of pure revitalized or spring water**
- 1 cup of fresh chopped cilantro/coriander leaves; or equivalent amount of dried cilantro/coriander leaves**
- 1 Tbsp *Lundberg* brown rice syrup** (optional)
- 6-8 shakes of cinnamon** (adjust to taste)
- 3-4 shakes of clove** (adjust to taste)
- 1 pinch of light grey *Celtic* sea salt**

DIRECTIONS:

Wash the pumpkin well, remove the seeds, and slice. Cut the slices into smaller pieces and place them into a double boiler/steamer pot.

Add 4 cups of water. Cover and steam until the pumpkin is soft. Save the water.

Rinse the cooked pumpkin with cold water. Peel off and discard the skin.

Place the peeled pumpkin pieces into the pot with the boiled water.

Add the remaining 2 cups of water, more or less, while blending, to achieve the desired thickness. Add the rice syrup, cinnamon, dried/fresh coriander, clove, and *Celtic* sea salt. Adjust to taste. Blend the thick mixture until creamy smooth. Stir and heat the soup for a few minutes, until hot.

Pour into bowls and serve.

ENJOY this deliciously nutritious soup!

Serves 2 to 3

Use **organic** ingredients

Suitable for O, A, & AB blood types

The **pumpkin** is indigenous to North, South, and Central America. Popularity has been traced as far back as the Aztec cultures of 1300-150AD. The pumpkin was treasured by many Native American tribes for its dietary and medicinal properties. It spread to the rest of the world through trade and exploration over many centuries. In parts of Eastern Europe and the Mediterranean, it became part of everyday cuisine and is used in medical traditions. India and parts of Asia also considered the pumpkin and its seeds to be of importance. China is the world's largest producer. India, Russia, Ukraine, Mexico, and the U.S. are also major producers.

The pumpkin is a storehouse of antioxidants such as vitamins A, B, C, E, and lutein/zeaxanthin. In fact, pumpkin contains some of the highest levels of vitamin A and the orange phytonutrients alpha and beta carotene. These fat-soluble carotenoids protect cells, mucus membranes, and fatty areas in the skin, heart, lungs, liver, eyes, and brain. Additionally, they provide protection from viral and bacterial invasion and sun/wind damage. Pumpkin is also rich in fibre, minerals, and malic acid, which are used by every cell in the body for renewal and repairs. Pumpkin helps keep skin firm, bones strong, and the organs youthful.

Select pumpkins that are organic, fresh, well shaped, and ripe. When whole, store in a cool place for 2-4 weeks depending on when it was picked. When cut fresh, cover with clear wrap and store in the fridge for about a week.

Cilantro/coriander's deep green leaves are rich in antioxidants (ORAC rating of 5,141), polyphenolic flavonoids (quercetin, kaempferol, rhametin, epigenin), essential oils, vitamins, and dietary fiber. These nutrients help balance cholesterol HDL and LDL levels, heart rate and blood pressure. Coriander/cilantro's high amount of vitamin K plays a role in building bone mass and limiting neuronal damage in the brain. Its high vitamin A and flavonoids/carotenes help maintain healthy mucus membranes, lungs, skin, and vision. Coriander/cilantro is also a good source of vitamins B, C, and minerals such as potassium, calcium, manganese, iron and magnesium, making it a super herb.

Native to Sri Lanka and used since biblical times for its medicinal and culinary properties, **cinnamon** has one of the highest ORAC (oxygen radical absorbance capacity) ratings (131,420). This highly prized, sweet spice is obtained from the outer brown bark of the Cinnamomum tree, which is dried and rolled into a tubular form known as a "quill".

This fragrant, pungent spice is a digestive aid that has antibacterial, antiseptic, antiviral, and anti-inflammatory properties. It also has anti-diabetic properties, which help improve glucose and lipids in people with type 2 diabetes.

Native to the Maluku islands in Indonesia, **cloves** are used as a spice in cuisines all over the world. They are harvested from India, Indonesia, Madagascar, Zanzibar, Pakistan, and Sri Lanka. These aromatic dried flower buds come from the Myrtaceae tree family. Cloves have an even higher ORAC rating (290,283) than cinnamon. However, its eugenol compound, which comprises 72-90% of the essential oil extracted from cloves, can be toxic in small quantities as low as 5 ml. Even so, only small amounts are used in most recipes because of its strong pungent flavor..

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