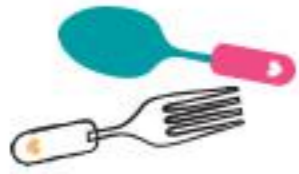


Serves: 2



Time: 30 minutes



## Ingredients

300g Pumpkin

50ml of Warm Water

4 tbsp Annum Materna Milk Powder

½ Medium Tomato, Chopped

50 ml Vegetable or Chicken Stock

## Methods

- 1 Peel the pumpkin and make sure to take the seeds out.
- 2 Cut the pumpkin into chunks.
- 3 Steam the chunks until they are soft and easy for you to mash with a fork.
- 4 Mix four tablespoons of Annum Materna milk powder into 50ml of warm water.
- 5 Add the milk and stock into the soft and hot pumpkin puree.
- 6 Lastly, add in the chopped tomato to enhance the colour.
- 7 For best results, mix the soup in the blender for a silky smooth texture.
- 8 Serve hot.

# Pumpkin Soup

