

Pumpkin & Sweet Potato Soup

Ingredients:

- 200g steamed Pumpkin
- 180g steamed Orange Sweet Potato
- 2 tbsp Natured Extra Virgin Red Palm Oil
- 1 nos of Red Onion (chopped)
- 5 Garlic Cloves (minced)
- 100ml Chicken Stock
- 50ml Milk
- A pinch of Salt
- 40g Butter

Steps:

- Fried the onion and minced garlic using 1 tablespoon of Natured extra virgin red palm oil
- Put in the steamed pumpkin and sweet potato.
- Add in chicken stock and milk.
- Put a pinch of salt into the cooking bowl.
- Off the heat and transfer to blend the soup using a hand blender.
- Drizzle a tablespoon of Natured extra virgin red palm oil over the soup.

