

Pumpkin soup with creamy kefir



Ingredients:

- 500 g pumpkin
- 1 sweet potato
- 1/2 cooked beetroot
- nutmeg
- salt
- freshly ground black pepper
- roasted pumpkin seeds
- creamy kefir (left on a sieve for 8 hours)
- chilli oil
- pumpkin seed oil

The fall has fallen and so are its colours. Using its brush as an action painter, mother nature goes around and brings joy of autumn's horn of plenty. Within this imagined horn, the very special place belongs to pumpkin. The orange queen of autumn is not just a Halloween prop, it can also be a wonderful comfort food with this pumpkin soup recipe.

Also, the reason why it is among favourite ingredients of the season definitely lies in being rich in vitamins C, E, K, B1, B2, B3, B6, folic acid, and minerals such as potassium, phosphor, calcium and iron. Therefore, it may come as no surprise that we like to combine one of our favourite comfort foods with kefir.

Hence, here is a recipe for a delicious pumpkin soup that brings warmth in cold days!

Pumpkin soup preparation steps

In a saucepan, fry the pumpkin and the sweet potato gently; add beet- root, spices and water. Cook until the pumpkin becomes tender. Blend to a fine purée. Before serving, add the creamy kefir to each soup plate. Sprinkle with chopped roasted pump- kin seeds and drizzle over a few drops of pumpkin seed oil.

See more recipes with kefir [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)



[Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](https://www.kefirko.com)