
THE CrossFit[®] *kitchen* K I D S



Sweet Cheeks Headquarters

PUMPKIN SOUP

by Shirley Brown and Alyssa Dazet
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overview

Do your kids love pumpkin pie? Then serve them a slice of this soup! Oops! We mean, of course, a bowl of this soup.

Chock full of pumpkin-pie spices, this dish will please your kids, who won't even realize they're sipping on a healthy soup instead of chowing down on sugary pie.

ingredients

5 cans of pumpkin
1½ cans (13.5 oz.) coconut milk
1 box of vegetable broth (1 qt.)
1 tbsp. cinnamon
1 tbsp. ginger
½ tbsp. nutmeg
2 tsp. crushed garlic
1 onion, diced
Salt and pepper to taste
Coconut oil
Water

notes

One serving of this soup is the approximate amount that will fit in the size of your hands cupped together. Add chopped chicken into the soup and garnish with a sprinkling of walnuts for a more balanced dish.

directions

1. In a large pot, cook onions in 1-2 tbsp. of coconut oil over medium heat. Once they start to brown and dry up, add 1 tbsp. of water to the onions. Continue cooking the onions until the water has dried up again. Add 1 tbsp. of water a second time and cook until dried up again. Do this for 2-3 more rounds, until the onions are soft, brown and caramelized.
2. Add garlic to the onions and cook for 1 minute.
3. Add pumpkin, vegetable broth and coconut milk to the pot and mix thoroughly.
4. Add spices—quite liberally. You can continue to add additional spices a little at a time until the soup has the desired level of deliciousness!

