



Cooking with Nada! Guest Chef Series

Raw Vegan Chef Olga Keller Creamy Pumpkin Soup

Ingredients:

2 Cups Water
1 C Pumpkin Seeds, soaked overnight and rinsed
2 Tbsp Sesame Tahini
1 Tablespoon Purple Onion, cut in chunks
1/4 Bell Pepper, cut in chunks
1 Carrot , diced
1/2 Celery stalk, diced
1 Garlic clove
1 Lemon or Lime, juiced
Braggs Aminos to taste (salt substitute)
Fresh Herbs: Rosemary, Basil, Mint, Oregano

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