



*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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