



Pumpkin Soup

Creamy pumpkin soup sweetened with pure maple syrup, apple cider and a dash of pumpkin spice

Ingredients

4 cups Chicken Broth, Low Sodium	1/2 cup True North Maple Vanilla Granola
1 Can Pumpkin, (15-16 oz.)	1 tsp Pumpkin Pie Spice
4 oz Apple Cider Vinegar	1 tsp Salt
3 tbsp Heavy Cream	1/4 tsp Black Pepper
2 tbsp Pure Maple Syrup	
1 tbsp Olive Oil	
1 Medium Sweet Onion, diced	
3 cloves Garlic, Minced	

Minutes to Prepare: 15
Minutes to cook: 15
Number of Servings: 6

Directions:

1. Chop one medium sweet onion into small pieces.
2. Mince 3 cloves of garlic.
3. In a med. pan, on med-low heat, sauté onion and garlic in olive oil until opaque, about 3 min.
4. Stir in canned pumpkin and the maple syrup.
5. Add chicken broth* and stir until blended as soup begins to simmer.
6. Add apple cider and pumpkin pie spice and let soup slowly begin to boil.
7. Add salt in 1/4 tsp. at a time, to taste.
8. Remove soup from the heat and whisk in heavy cream.
9. Put soup into a blender and puree until it is very smooth, about 3-4 minutes.
10. Pour soup back into the saucepan and let simmer for 5 minutes.
11. Ladle soup into bowls. Sprinkle each bowl with a dash of black pepper.
Top each bowl with 1 Tbsp. True North Pumpkin Granola. Serve.

Servings: 5-6 bowls (8 oz. each)

Nutrition:

Servings Per Recipe: 6
Calories: 138.4
Total Fat: 4.9 g
Cholesterol: 0.0 mg
Sodium: 448.1 mg
Total Carbs: 21.7 g
Dietary Fiber: 4.7 g
Protein: 3.2 g



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