

PEACEFUL
PUMPKIN BISQUE

Prep Time: 10 Minutes

Recipe:

3 cups filtered water
1 cup macadamia nuts

Combine ingredients in a high powered blender (we like the VitaMix) and blend until smooth.

Next, add:

½ cup Pumpkin (remove skin or not)
1 med sized Stalk of Celery
2-3 Tbsp White (or Yellow) Onion
1 Tbsp Chinese 5-spice
1/2 tsp Cinnamon (already in the 5-spice but more enhances flavors)

Blend again until well incorporated and slightly warmed.

Variations:

- Try other types of nuts if the macs are too expensive.
- Adjust ingredients to taste.
- Pour into bowls for serving.
- Garnish with grated pumpkin and dried anise flowers.

We get our produce from:  www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org