

Fruity pumpkin and mango soup

Main course

Serves 4

Preparation time: about 45 minutes

Ingredients:

1 L	vegetable stock
500 g	pumpkin
100 ml	Donath® Mango whole fruit, unsweetened
100 ml	sweet cream
4 tbsp.	honey, liquid
2	potatoes
2 tbsp.	oil
1	shallot
1 pinch	cinnamon, salt, pepper
some	fresh ginger



Preparation:

Peel the pumpkin and potato, and cut into rough cubes. Peel the shallot and finely cube. Heat the oil, sauté the vegetables and shallot in it, pour in the vegetable stock and Donath® Mango whole fruit, unsweetened, simmer for about 20 minutes, and then puree everything. Peel the ginger, grate it finely and add it; season the soup with summer blossom honey, cinnamon, salt and pepper. Beat the cream until it is half-firm. Ladle the soup into bowls, and serve it with the cream and chives garnish according to preference.

Donath® Mango whole fruit, unsweetened

- a blend of all parts of the fruit that are suitable for consumption
- gentle filling process
- this process ensures that the product contains the fruit's own fibre and all valuable minerals and vitamins
- for direct consumption, but also suitable as a delicious addition to ice cream, cakes, cocktails and more

