

Pumpkin and sea buckthorn soup

Main course

Serves 4

Preparation time: about 45 minutes

Ingredients:

400 ml	Donath® Sea Buckthorn whole fruit, unsweetened
250 ml	vegetable stock
1	Hokkaido pumpkin
4	organic apples
4	onions (quartered)
1 tub	whipping cream
1	garlic clove
1 tbsp.	butter
some	salt, pepper and ginger



Preparation:

Cut the pumpkin and apples into pieces and remove the seeds. Braise the onion pieces and garlic clove in hot butter. Then add the pumpkin and apple pieces and braise as well. Pour in the vegetable stock and Donath® Sea Buckthorn whole fruit, unsweetened. In a cooking pot, simmer for about 25 to 35 minutes, until the pumpkin falls apart. Then puree with an immersion blender, add the cream and season with salt, pepper and some ginger.

HÜBNER's tip:

Finally, garnish with pumpkin-seed oil or roasted pumpkin seeds.

Donath® Sea Buckthorn 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
- high content of vitamin C



For further recipes please see: <http://www.huebner-vital.de/en/rezepte.html>

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