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WHOLEHEARTED LIVING

JENNA RD, CDE



Spiced Pumpkin Soup

BY MARIA USHAKOVA

30 MINS PREP | 10 MINS COOK | 6 SERVINGS

To modify servings, view nutrition information and more, go to **eatlove.is**

INGREDIENTS

- 3 1/4 cups pumpkin puree
- 6 cups water
- 2 apples chopped
- 12 dried apricots
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 2 tablespoons maple syrup

For the Spiced Pumpkin Seeds:

- 1 cup raw pumpkin seeds
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice

NUTRITION INFORMATION PER SERVING	
Fruits **0.58 servings**	Iron **4.01mg**
Vegetables **0.54 servings**	Vitamin C **6.1mg**
Protein **8.3g**	Saturated Fat **2.09g**
Total Fat **11g**	Sodium **9.4mg**
Carbs **31g**	Fiber **7.4g**
Calories **237kcal**	Added Sugar **4.03g**

Method

1. In a pot, combine the pumpkin puree with water.
2. Add the apples and apricots and bring to a boil.
3. Reduce heat.
4. Cover and simmer for about 8 to 10 minutes until the apples and apricots are soft.
5. Turn off the heat and let it cool.
6. Once cool enough to handle, puree the mixture using a blender or food processor.
7. Return to the pot.
8. Add the cinnamon, allspice, nutmeg and maple syrup.
9. Bring to a simmer and turn off the heat.
10. Place the pumpkin seeds on a pan and heat them over medium heat.
11. Make sure to stir constantly.
12. Add the ground cinnamon and allspice.
13. Toast the seeds until they start changing color.
14. You might need to transfer the seeds to a plate right away because they will continue toasting on a hot pan even after you take it off the burner.

Jenna Walsh 15:28 EatLove 10.06.2026

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