

# Vegan Pumpkin Soup

*This easy and deliciously creamy vegan pumpkin soup is made with seven simple ingredients (plus salt and pepper), and ready to eat in less than 15 minutes. It's a perfect soup to serve at Thanksgiving or an easy weeknight meal with a side salad.*

Prep Time 5 mins  
Cook Time 10 mins  
Total Time 15 mins

Course: Main Course

Cuisine: American

Keyword: vegan pumpkin soup

Servings: 4

Calories: 162kcal

## Ingredients

- 2 cups pumpkin puree or 15 oz can
- 1 1/4 cup vegetable broth
- 1 cup reduced fat coconut milk
- 1 small yellow onion
- 1 tbsp garlic minced
- 1 tsp thyme
- 1/2 tsp salt
- 1/4 tsp pepper
- 4 tbsp pumpkin seeds

## Instructions

1. Chop onion and mince garlic. Sauté in medium saucepan with 1/4 cup of vegetable stock.
2. Add pumpkin puree, 1 cup of vegetable broth, coconut milk, thyme, salt and pepper. Stir to combine ingredients. Heat on medium heat for 5 minutes or until heated through.
3. Transfer soup to blender. Puree until all ingredients are combined.
4. Pour into 4 bowls. Sprinkle with pumpkin seeds and black pepper.

## Notes

1. Use whole fat coconut milk for a creamier texture.
2. Sub an additional cup of coconut milk in place of the vegetable broth for a creamier soup.
3. Use your favorite dairy free milk.

## Nutrition

Calories: 162kcal | Carbohydrates: 18g | Protein: 5g | Fat: 9g | Saturated

Fat: 4g | Sodium: 987mg | Potassium: 373mg | Fiber: 5g | Sugar: 7g | Vitamin A: 19409IU | Vitamin

C: 8mg | Calcium: 46mg | Iron: 3mg

# paleo pumpkin bread (gluten free, dairy free)

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- *Prep Time:* 10
- *Cook Time:* 40
- *Total Time:* 50 minutes
- *Yield:* 1 loaf

## DESCRIPTION

This easy recipe for healthy paleo pumpkin bread is incredibly moist and fluffy. Made from simple ingredients like almond flour and maple syrup, this gluten-free bread pairs perfectly with your morning cup of coffee.

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## INGREDIENTS

- 1 15oz can pumpkin puree – not pumpkin pie filling
  - 3 eggs
  - 1/4 cup [maple syrup](#)
  - 1 tsp [vanilla](#)
  - 2 1/4 cup [almond flour](#)
  - 1 tsp baking soda
  - 1/2 tsp salt
  - 1 tbsp [pumpkin pie spice](#)
  - 3/4 cup [chocolate chips](#)
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## INSTRUCTIONS

1. Preheat oven to 350F and prepared [loaf pan](#) with parchment paper or cooking spray.
2. In a bowl, whisk together pumpkin, eggs, [maple syrup](#), and [vanilla](#).
3. In another smaller bowl, mix together [almond flour](#), baking soda, salt, and [pumpkin pie spice](#).
4. Add dry ingredients to wet and stir till combined.
5. Fold in [chocolate chips](#).
6. Bake for 45-50 minutes or until center comes out clean when tested with toothpick. If top begins to brown, cover halfway through with aluminum foil.
7. Let cool completely before enjoying.