Pumpkin Curry Soup:

Ingredients:
3C pumpkin, peeled and chopped
2 carrots, peeled and chopped
1 sweet onion, peeled and chopped
1 sweet apple, cored and chopped
1 can full fat coconut milk
2C chicken stock
1 hefty TB of curry powder
1 tsp ground cinnamon
EVOO
Salt and pepper

Drizzled with EVOO, a hefty pinch of salt and pinch of pepper. Roast at 400F for around 45 minutes or until veggies are lightly brown and roasted.

Add roasted veggies to a pot with coconut milk, chicken stock, curry powder and cinnamon.

Cook until the veggies are completely soft and the flavors have melded. Use an immersion blender to blend the soup up or carefully blend in batches in a blender and return to pot. Season to taste.

Top with whole milk plain yogurt, toasted pumpkin seeds, cilantro and pomegranate arils.