

CREAMY PUMPKIN SOUP WITH BREAST MILK

INGREDIENTS

- 120 g pumpkin;
- 1 small carrot;
- 1/2 onion (optional);
- 150 ml water;
- 250 ml breast milk;
- 1 teaspoon olive oil;



METHOD

- Peel and dice the vegetables
- Place the olive oil, vegetables, water and breast milk into a saucepan
- Cover and cook over medium heat for about 30 minutes
- Remove the vegetables with a slotted spoon and blend until smooth
- Gradually add the cooking liquid until you reach the desired consistency

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