

RECIPE OF THE WEEK

Pumpkin Soup

by: Jean Michael Coronado

Ingredients

- 1 1/2 tsp. of Pumpkin Spice
- Ideal Protein Chicken Soup
- 6 ounces of water
- 1/4 tsp. of Sea Salt
- 1/4 tsp. Fresh Parsley
- 1/2 tsp. Fresh Thyme

- 1/2 Garlic clove, minced
- 1 ounce of Skim Milk
- 1 cup of Onion
- 1 cup of Summer Squash cut in cubes & steamed
- 1 pinch of Black Pepper

Preparation



1. Mix all ingredients but the onion, summer squash, and skim milk in your shaker.
2. Pour the ingredients into a pot and bring to boil.
3. Add the onions, summer squash, and skim milk.
4. Simmer for 4 minutes.
5. Puree the soup in a food processor or blender.
6. Serve & Enjoy! Phase Approved: Phases 1-3.

www.BioIntelligentWellness.com



Office: 858.228.3644
124 Lomas Santa Fe . Suite 206
Solana Beach . CA . 92075