

PUMPKIN SOUP

INGREDIENTS

- 1 MEDIUM PUMPKIN
- 2 TBSP. OIL
- 2 TBSP. HONEY
- 1 PINCH CINNAMON

PREPARATION

1. Clean the pumpkin and cut in half. Remove the seeds and stringy insides.
2. Spread the oil and honey inside of the pumpkin onto the flesh.
3. Place on a baking sheet and cook at 200 ° C, until the squash is tender (about 1 hour). From time to time, add more honey if needed onto the pumpkin while in the oven.