



Pumpkin Chickpea Peanut soup \$ (H)

Serving: 1

Veg

Ingredients

- Pumpkin 1 bowl chopped
- Onion - 2 tbsp chopped
- garlic - 3 clove chopped
- Cinnamon - small pieces
- Boiled chickpea - 3 tbsp
- Salt to taste
- Black papper - to taste
- Lemon
- peanuts - 3 tbsp

Preparation Method

- Cut a pumpkin
- Boiled the pumpkin , add onion , garlic , cinnamon ,
- Blend boiled chickpea , pumpkin with water and peanuts
- Add salt , black pepper and lemon
- Sprinkle some boiled chickpea and mint
- Serve it