

5 A Day Recipes

12 Soups to Get You Through the Winter

Pumpkin Pie Soup

Serves 4

This soup is a great way to include a 5 A Day serving from the dark yellow and orange vegetables rich in antioxidants.

- 16-ounce can pumpkin, no-salt or fat added
- 12-ounce cans evaporated skim milk
- Granny Smith apples (sliced)

Place pumpkin and milk in blender. Blend until combined and pour into pot. Bring the soup to a simmer and cook for 30 minutes. Pour into bowls, and garnish with slices of carefully washed Granny Smith apples.

Nutritional Analysis

211 calories
38 grams carbohydrate
14 grams protein
0.9 grams fat
0.4 grams saturated fat
6 milligrams cholesterol
201 milligrams sodium
3 grams fiber
4% calories from fat
2% calories from saturated fat
1.25 "5 A Day" servings per person