



Pumpkin and macadamia soup  
Serves four to six.

- \* 1 tablespoon macadamia or olive oil
- \* 1/2 cup roughly chopped macadamias
- \* 1 small white onion
- \* 1 teaspoon grated ginger
- \* 3 cups diced pumpkin
- \* 1 apple, chopped
- \* 3 cups chicken stock
- \* Natural yoghurt for serving
- \* Whole or halved macadamias, roasted for garnish

Heat oil in a heavy based pan, add the macadamias, onion and ginger and saute for 2-3 minutes, or until golden brown. Add the pumpkin and apple and cook 2-3 minutes then pour over the stock. Cover and simmer for 20 minutes or until pumpkin is soft. Transfer mixture to a blender and process until smooth and creamy. Serve in large bowls with a swirl of yoghurt and a few roasted macadamias tossed over for garnish.