

YOGA VIDYA

40 DAY WINTER YOGA CHALLENGE – WEEK 3: STOKE YOUR FIRE, BUILD YOUR PASSION FOR PRACTICE



RECIPE BY ANGIE COWEN

Angie Cowen is one of the most amazing chefs I know. She is committed to ethical, holistic, and delicious wholefood preparation and delivers her offerings with such passion and heart that it is impossible not to get excited about eating in the most nurturing way when she is around.

This recipe is from one of her wholefood Cooking workshops she ran at my old studio Little Branches Big Trees (many years ago). It has always been one of my go-to's for winter when we have pumpkins in abundance. The added chickpeas and pomegranate is a new addition of mine that I have been loving on any pumpkin soup type meal – it just adds an extra dimension!

Please note the picture above is not my picture – I have taken it from the internet as I didn't have an image for this recipe. It's from [this website](#) for a recipe of Chai Roasted Pumpkin Soup which I have to say – also looks amazing.

SOUP INGREDIENTS:

- 350g pumpkin (any type will do)
- 1 medium brown onion

- 1-2 cloves of garlic
- 1/2 tbsp grated ginger
- 1 tbsp grated turmeric (I use powder when I don't have fresh but remember it will be stronger)
- Extra virgin coconut oil for frying
- 500ml of purified water (Full disclosure: I use regular old tap water)
- Salt and Pepper for seasoning
- 2-3 tbsp Tamari (traditional wheat free soy sauce)
- Pinch of cayenne pepper

METHOD:

Saute the onion in coconut oil on a low heat for approx 5-10 minutes or until soft. Add the rest of the ingredients and cook on a medium heat covered for 15-20 minutes.

Once cooked blend soup till creamy using a hand held blender. Season with salt and pepper, and add cayenne pepper for personal taste.

You could also garnish with a swirl of coconut cream if you are feeling a little fancy. You could also add a handful of the crunch chickpeas below and a spoonful of pomegranate tendrils. It really satisfies giving it some extra textures for your mouth to enjoy.

CRUNCHY CHICKPEAS:

- 1 can of chickpeas
- A swish of olive oil
- 1 teaspoon of cinnamon
- 1 tbspn of maple syrup
- Salt and pepper

METHOD:

Preheat the oven to about 200.

Drain the chickpeas and towel dry. Lay out in a baking dish covered with baking paper. Add all the other ingredients and mix well until they are completely covered.

Bake the chickpeas for approximately 30-40 minutes or until crunchy.

Ensure to stir the chickpeas around at least once about 15-20 minutes in.