

## Low-Carb Pumpkin Soup with fitOil and Barley Grass Powder



### Nutrition Facts

Amount Per Serving

<b>Calories</b>	120 kcal
<b>Protein</b>	2.6g
<b>Carbohydrate</b>	14.6g
<b>Fat</b>	5.4g
<b>Dietary Fiber</b>	2.5g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients for the Low-Carb Pumpkin Soup:

- 400g Hokkaido Pumpkin
- 1 Soup cube
- 500ml Water
- 20g Green onion
- 20ml natural fitOil (high in Omega-3 Fatty Acids)
- 10g Barley Grass Powder
- 1 Pinch Curcuma
- 1 Pinch Chili powder

### Preparation of the Low-Carb Pumpkin Soup:

Cut green onion and Hokkaido pumpkin into pieces. Put the pieces into a pot, add one soup cube and boil it for about 15 minutes in 500ml of water. Afterwards mix it with a hand blender. Add 10g of Barley Grass Powder and a bit of Curcuma and Chili powder and mix it again. Serve the Pumpkin soup and add 5ml of fitOil per plate. Enjoy the soup and stay fit!

### Product recommendations for this Fitness Recipe: