



IMMANUEL
DIAKONIE

IMMANUEL.KOCHT

Heart-healthy eating with Marketa Schellenberg

POTATO-PUMPKIN PURÉE



• We wish you bon appetit! •

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POTATO-PUMPKIN PURÉE

(vegan, lactose-free, gluten-free)

Serves 4 (200 g per portion)

Ingredients

400 grams potatoes
400 grams hokkaido pumpkin
300 ml water
1 pinch of salt
1 pinch of nutmeg
40 grams vegan organic margarine, e.g. Alsan

To prepare

Wash the hokkaido pumpkin and take the seeds out. It doesn't need to be peeled! Peel the potatoes and chop them along with the pumpkin into cubes of equal size. Cook in salted water then drain, but keep the water.

Leave the cooked vegetables to cool before mashing them. Add the water to ensure a smooth consistency along with the margarine. Whisk it to make it fluffy and season with nutmeg and salt. Serve warm.

The health factor

This potato-pumpkin purée is easy to digest. The beta-carotin in the vegetables is high in vitamin A.

It goes well with smoked tofu. The purée is vegan, lactose and gluten-free.