



Pumpkin & Sweet Potato 500gms

Lucia's Pumpkin & Sweet Potato Soup with Coconut & Turmeric is a warm and comforting blend of sweet pumpkin and creamy sweet potato, enhanced with the exotic flavours of coconut and turmeric. This soup offers a rich, velvety texture and a delightful balance of sweetness and spice. The addition of coconut provides a creamy, tropical twist, while turmeric adds a subtle earthiness and vibrant colour. Perfect for a quick, nourishing meal, simply heat and serve to enjoy a bowl of wholesome goodness.

Ingredients:


Vegetable stock, coconut milk (19.8%), sweet potato (14.3%), pumpkin (14%), onion, tapioca starch, ginger, garlic, coconut oil, lime juice, salt, turmeric (.3%), black pepper, cayenne pepper, lemon juice.

Gluten free. Contains no artificial colours, flavours or preservatives.

Important:

Must be refrigerated after opening to maintain safety.

Nutrition Information		
Servings per package: 2, Serving size: 250 g		
	Avg. Quantity per serving	Avg. Quantity per 100g
Energy	547 KJ	229 KJ
Protein (Total)	2.8 g	1.1 g
Fat (Total)	4.1 g	1.6 g
-Saturated	3.3 g	1.3 g
Carbohydrate	19.1 g	7.6 g
-Sugars	8.7 g	3.5 g
Sodium	427 mg	171 mg
Gluten	Nil Detected	Nil Detected



Made in Australia from 80% Australian ingredients

