

Housing Channel

Title: Autumn Recipe - Pumpkin, Chestnut, Cashew Nut and Corn Soup

- Super: Healthy Recipes for Elderly

- Super: Autumn Recipes
Pumpkin, Chestnut, Cashew Nut and Corn Soup
Rich in dietary fibre and protein
Suitable for vegans

- Super: A flavourful soup using seasonal Autumn produce

- Super: Softened nuts are easy to chew

- Super: Ingredients (4 servings)
Pumpkin (800g)
Chestnuts (80g)
Cashew nuts (60g)
Corn (1 cob)
Salt (1/4 tsp)
Water (6 bowls)

- Super: Pumpkin

- Super: Corn

- Super: Chestnuts
Cashew nuts

- Super: Simmer
1.5 hours

- Super: Season with salt

Super:

Autumn Recipes

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Please visit Elderly Health Service, Department of Health's
website for more healthy recipes

www.elderly.gov.hk