

Caribbean Pumpkin, Garlic & Green Banana Soup

Comfort Food for Blood Sugar Balance

Keep Well Nutrition — Gentle Reset Series

“Caribbean Pumpkin, Garlic & Green Banana Soup”

Comfort food for balanced blood sugar and steady energy.

Ingredients

Traditional Base (Plant-Based)

- 2 tbsp olive or coconut oil
- 3–4 cloves garlic, crushed
- 1 small onion, chopped
- 3 sprigs thyme
- 1 spring onion, chopped
- 500 g pumpkin (cut in chunks)
- 2 green bananas (peeled and sliced)
- 1 medium carrot, diced
- 1 small sweet potato (optional)
- 1 litre vegetable or light fish stock
- Salt and black pepper to taste

Optional (Fish Broth Version)

- 150 g fresh fish (snapper, bream, or cod) *or* ½ cup flaked saltfish (pre-soaked)





To Finish

- A few soft dumplings (optional)
- Squeeze of lime juice
- Fresh parsley or coriander to garnish

Method

1. Warm the oil in a large pot, add garlic, onion, thyme, and spring onion. Sauté until fragrant.
2. Add pumpkin, green banana, and carrot. Stir for 2–3 minutes to coat with flavour.
3. Pour in stock, bring to a gentle boil, then reduce to simmer for 20–25 minutes.
4. Add fish (if using) and simmer another 8–10 minutes until the fish flakes easily.
5. Drop in soft dumplings near the end of cooking if desired.
6. Adjust seasoning, finish with a squeeze of lime, and garnish with fresh herbs.

Wellness Notes (Gentle Reset Tips)

-  **Garlic:** helps balance blood sugar and supports circulation.
-  **Pumpkin:** rich in fibre, potassium, and beta-carotene for energy and immune strength.
-  **Green banana:** slow-release starch keeps you full and steady.
-  **Fish broth:** adds natural minerals and protein without heaviness.

Gentle Reset Tip: This soup is ideal for lunch or an evening meal when you need warmth, comfort, and balanced nutrition.

Nutrition Highlights (per serving, approximate)

Nutrient	Benefit
Vitamin A	Supports vision & immune function
Magnesium	Helps muscle relaxation & glucose control
Fibre	Slows sugar absorption & supports digestion
Allicin (from garlic)	Heart and blood-sugar regulator
