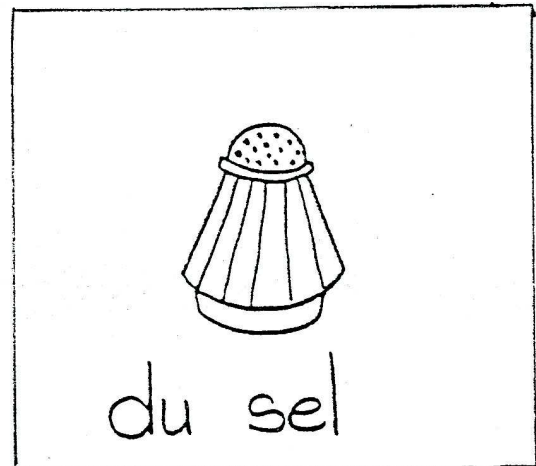
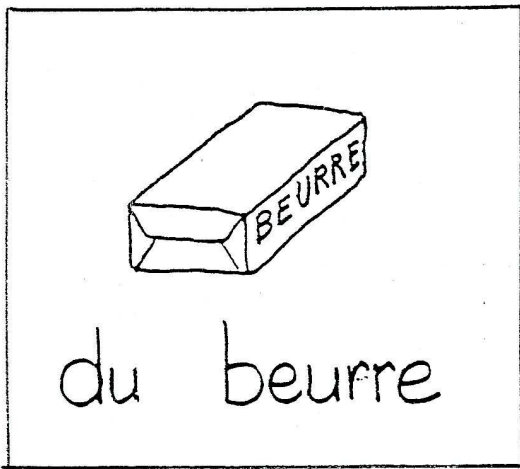
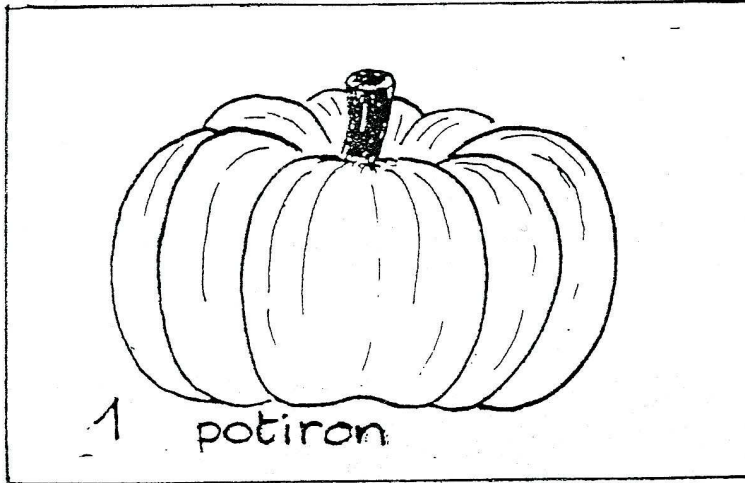
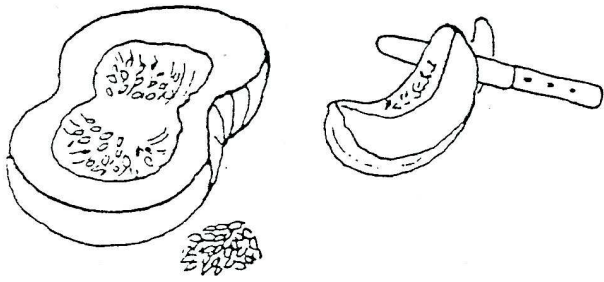
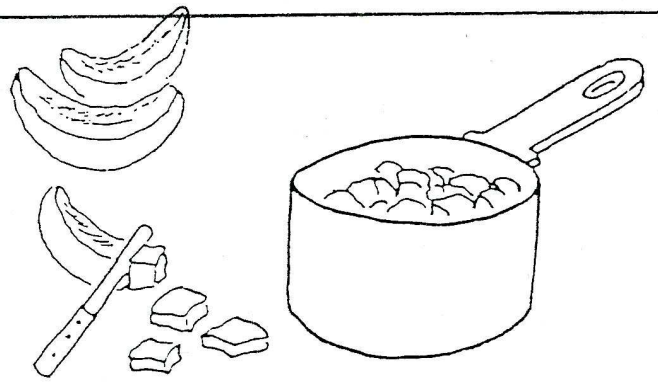


la soupe de citrouille

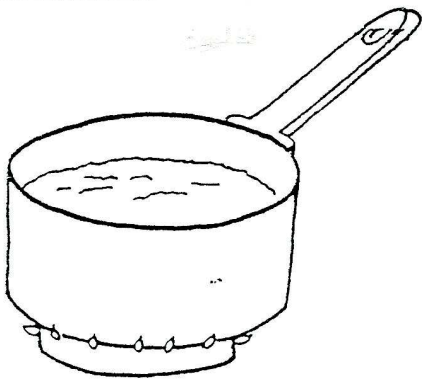




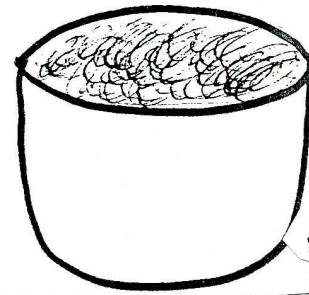
On retire les pépins du potiron et on l'épluche.



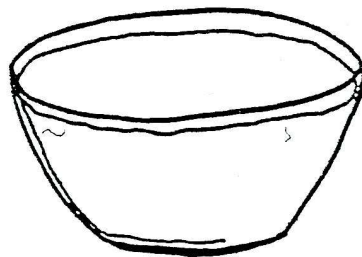
On coupe le potiron en morceaux et on les met dans une casserole



on ajoute de l'eau et le sel.
on fait cuire 30 minutes.



On passe la soupe au mixeur



on ajoute la crème fraîche
Hum! c'est délicieux