

## PROJECT ROYAL BREAKFAST: PUMPKIN SOUP



*Dom making a Royal Breakfast with eggs.*

So yes another project - there are a few going on here (check them out under The Mummy Projects in the ). And yes I do realise these can be annoying. But it's how I roll. Always on a project or two or ten. This one is Project Royal Breakfast. And today was progress getting Chef Dom to regularly eat breakfasts that look like dinner or lunch: So soups and vegetables as well as eggs or meat or fish. With a side of fermented veggies! And a cup of bone broth! Well that's the ideal and it does actually happen but not always without some complaining...

So anyway - today was Butternut Squash Soup (made with just butternut + onions + splash

