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Pumpkin-Apple Soup with Pepitas Shopping List

- Olive oil
- 1 large yellow onion
- Garlic
- 1 lb 2oz fresh pumpkin
- 1 Granny Smith apple
- Ground cinnamon
- Salt
- 3 cups unsalted vegetable stock
- Raw hulled pepitas (pumpkin seeds)
- Sugar
- Apple cider
- Lowfat yogurt