

Mango Soup



Ready in 15 minutes

Serves 2

Ingredients

- 0.65 oz Mango Crystals ($\frac{1}{3}$ cup)
- 1 inch fresh ginger
- 2 mini sweet bell peppers
- 1 small carrot
- 1 tablespoon coconut oil
- $\frac{1}{4}$ teaspoon curry paste (or more, depending on spiciness)
- $\frac{1}{2}$ cup roasted peanuts (2oz)
- Mineral salt to taste
- 1 $\frac{1}{2}$ cups nut mylk

Preparation

1. In a pan, saute chopped ginger, bell peppers and carrot in coconut oil.
2. Add curry paste, stir to coat.
3. Add peanuts, salt, mango crystals and nut mylk. Stir to combine.
4. Blend in a blender until smooth.
5. Ta-da!