



# CARROT & GINGER SOUP

*This Carrot & Ginger soup is a fantastic cold weather soup. Healthy and easy to make with a creamy smooth texture, it's just what the doctor ordered. Made from fresh carrots, ginger, onion, broth and a hint of spices, it's also dairy-free and vegan.*

## INGREDIENTS

- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 Tbsp ginger, minced or finely diced
- 5 carrots, peeled and chopped roughly
- 1 ¼ cups vegetable broth/stock
- 1 tsp cinnamon
- 1 tsp salt

### Toppings

- Drizzle olive oil
- 1 shallot
- 1 Tbsp coconut cream
- 1 Tbsp coriander, chopped
- 1 tsp pine nuts

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 10 MIN**

**BLEND TIME: 30 MIN**

## DIRECTIONS

- 1. Add the stock, ginger, garlic, carrot, onion and cinnamon to your Mealio® Hot & Cold Blender.**
- 2. Select the 'SOUP' and let it heat and blend for the 30 minute cycle**
- 3. While blending, slice shallots and chop coriander. If you like crispy shallots, cook them in your Diamond Earth® pan for 1-2 mins with a little olive oil until crispy.**
- 4. Once done, pour soup in a bowl, swirl in coconut cream and garnish with crispy shallots, pine nuts and coriander.**