

Creamy Carrot Soup with Parsley Parmesan Crackers

Servings: 12

Prep time: 10 min

Cook time: 20 min

INGREDIENTS

8 carrots
3 cloves garlic
2 T melted butter
1/4 c onion
2 c vegetable stock
1 tsp salt
pinch nutmeg
dash pepper
1/2 can coconut milk or coconut cream

DIRECTIONS

Peel and chop the carrots, garlic and onion. Saute in the butter until lightly browned. Add the stock, salt, nutmeg and pepper and bring to a boil. Cover and simmer 20 min.

Transfer to a food processor and puree, then add the coconut milk.

Parsley Parmesan Crackers

1 tsp garlic salt
1 egg
1 Tbsp olive oil
1 C almond flour
2 Tbsp parsley
1/2 c parmesan cheese

Mix all together, then roll out onto a parchment lined baking sheet. I find it's easiest to roll this thick and sticky dough by constantly rinsing my small rolling pin with water. It's okay, the water evaporates off in the oven. Roll it very thin and then sprinkle with himalayan salt.

Bake at 350 for 15 minutes, then 425 until brown. Allow to crisp as it cools, then break into pieces.

