

# Carrot, Coconut and Ginger Soup

**Serving size:** 1 cup; makes 6 servings

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Total time:** 30 minutes

## Ingredients

- 8 carrots
- 4 parsnips
- 1 inch chunk of ginger
- 1 liter boiling water or vegetable stock
- 4 tbsp coconut milk
- 1 tbsp apple cider vinegar
- 1 tsp turmeric
- 1 tbsp paprika
- Sea salt and cracked black pepper, to taste
- Toppings of choice, such as pumpkin, sunflower, or hemp seeds



## Preparation

1. Wash produce. Peel the carrots, parsnips and ginger and chop into small chunks.
2. Place the vegetables and ginger in a pan and add the boiling water.
3. Add the turmeric, paprika, and salt and pepper and allow to simmer for 15-20 minutes or until vegetables are soft.
4. Once cooked, allow the mixture to cool before transferring into a blender.
5. Add the coconut milk and apple cider vinegar and blend until smooth.
6. Pour into bowls and top with an extra swirl of coconut milk, a handful of pumpkin seeds and a handful of hemp seeds or any other toppings of choice.

## Nutritional Information

### Per serving

Calories: 63

Total Fat: 3g

Saturated Fat: 2g

Cholesterol: 0mg

Total Carbohydrate: 10g

Dietary Fiber: 3g

Sugar: 4g

Protein: 1g

*Adjusted from:* <http://www.shecanteatwhat.com>