

CARROT APPLE GINGER SOUP

Ingredients:

¼ cup of organic butter or oil alternative
1 onion, chopped
4 tablespoons ginger, chopped
2 tart apples chopped
1 pound carrots, chopped
4 cups vegetable or chicken stock
2 cups of coconut milk
Salt and pepper, to taste
Dill or cayenne pepper

Directions:

1. In a pot melt butter or alternative.
2. Add onion and ginger chopped, cook until onions are soft.
3. Add apples and carrots. Stir and cook until apples and carrots are soft.
4. Add vegetable or chicken stock and coconut milk.
5. Bring to a boil, then reduce heat to medium low and simmer for 30 minutes.
6. Using an immersion hand blender, mix all of the ingredients until smooth and add salt and pepper to taste.
7. Add fresh dill to brighten up the flavor, or cayenne pepper to heat it up.
8. Serve with a nice sourdough bread.