



NUTTY CARROT SOUP RECIPE

WITH A SNEAKY SPICY KICK

INGREDIENTS

- 1 yellow onion chopped
- 4 cloves garlic minced
- 1 tsp grated fresh ginger or 2 drops ginger essential oil
- 2lbs carrots peeled and chopped
- 2 tb sp olive oil
- 1 - 2 tb sp chilli garlic sauce
- 1/2 cup natural peanut butter
- 4 cups veggie stock
- 3 cups of water
- 1-2 drops of Basil doTERRA essential oil
- Himalayan salt and freshly ground black pepper, to taste



EASY-TO-MAKE

MAKES: 4-6 SERVINGS

PREP TIME: 15 MIN

COOK TIME: 20-30 MIN

DIRECTIONS

1. Add olive oil, onion, ginger and garlic to a large pot on a medium heat setting and cook for a couple of minutes.
2. Add a pinch salt and pepper plus the chopped carrots and cook for another few minutes.
3. Add veggie stock and water. The liquid should just barely cover the veggies. Add more water if needed.
4. Bring to the boil and then simmer until veggies are tender. Approx 20 minutes
5. Take off the heat and add chilli garlic, basil oil and peanut butter. Use a hand blender to combine or separate blender to create a smooth and creamy soup.
6. Add extra salt and pepper as needed. If using ginger essential oil add this in at the end and stir.