

Carrot Ginger Soup	
Ingredients	Instructions
<ul style="list-style-type: none">• 1 lb carrots, chopped• 1 small yellow onion, diced• 3 garlic cloves, finely diced• 1 tsp fresh grated ginger• 1 tbsp apple cider vinegar• 3 cups vegetable broth• 2 tbsp olive oil• Salt and pepper, to taste• 1 tsp maple syrup, honey or brown sugar (optional)• A splash of orange juice (optional)• Coconut milk, for garnish (optional)• Fresh herbs, for garnish. Chopped parsley or thyme (optional)	<ol style="list-style-type: none">1. Sauté Base: In a large pot, heat olive oil and sauté onion until translucent 6-8 minutes. Add garlic and carrots and cook for another 6-8 minutes stirring regularly.2. Add Ginger & Broth: Add ginger, apple cider vinegar and vegetable broth. Bring to a boil, then reduce heat to low; simmer for 25-30 minutes until carrots are tender.3. Blend: Puree the soup using an immersion blender (or allow to cool a bit and transfer into a blender or food processor) until smooth. Return to the pot, taste and adjust seasoning if necessary. Add maple syrup and/or a splash of orange juice if desired.4. Serve: Warm and serve with a drizzle coconut milk or olive oil; and a sprinkle of fresh herbs, if desired.