



VEGAN CARROT AND GINGER SOUP



INGREDIENTS

- 1 tbs extra-virgin olive oil
- 1/2 cup chopped yellow onions
- 3 garlic cloves, peeled and chopped
- 2 1/2 cups chopped carrots
- 1 tbs fresh ginger, peeled and chopped
- 1 tbs apple cider vinegar
- 3-4 cups vegetable broth (enough to cover vegetables)
- Sea salt
- Pinch of red pepper flakes
- 1/4 cup Silk Heavy whipping cream and a little more for garnishing
- 1 1/2 tsp maple syrup

DIRECTIONS

1. Heat the olive oil in a large pot over medium heat. Add the onions and a generous pinch of salt and pepper, cook until softened, stirring occasionally, about 8 minutes.
2. Add garlic and carrots and cook about 8 minutes more, stirring occasionally.
3. Stir in the ginger, add the apple cider vinegar, and then add 3-4 cups of broth, enough to cover the carrots.
4. Reduce to a simmer and cook until the carrots are soft, about 30 minutes.
5. Let cool slightly and transfer to a blender. Blend until smooth.
6. Add heavy whipping cream and maple syrup, blend. Taste and adjust seasonings. Add to a pot to heat, if necessary.
7. Serve with a drizzle of Silk heavy whipping cream, pumpkin seeds, hemp seeds and a bit of red pepper flakes.

Cooking with ginger is a great way to add spice and flavor to food - it has been shown to reduce nausea and is high in antioxidants (which helps repair cell damage) making it anti-inflammatory.