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WILD ORGANIC WELLNESS

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Ginger Carrot Soup

Prep Time: 10 minutes

Cooking Time: 30 minutes

Yields: 4 servings

Ingredients:

2 cups	carrots, peeled, chopped
1	onion, cut in quarters or ½ fennel bulb, sliced
1 clove	garlic, optional
1 tablespoon	ginger, or to taste.
3-4 cups	veggie stock or chicken bone broth, Low Sodium
1 can	light coconut milk
2-3 tablespoons	coconut amino acids
	salt and pepper, to taste

Directions:

Cut carrots and onion. If you are using fennel, slice it. Peel garlic clove and mince ginger.

Place all vegetables in a large pot. Fill with stock, coconut milk and coconut amino acids. Bring to a boil then simmer until carrots are tender.

Let the soup cool. Then add to a blender and mix until smooth.

Feel free to add more broth or coconut milk to thin the soup.

Feed Your Wild

Wellness

Happiness

Balance

Good Food

Love

Vibrance