

  
Nourishing  
Therapies

- THE -  
*Happy Gut*  
KITCHEN

CARROT SOUP



# Carrot Soup

## INGREDIENTS

- 2 garlic cloves (keep whole) or garlic oil
- 1 large onion, roughly cut
- 3 tbsp extra-virgin olive oil
- 4 big carrots, cut into chunks
- ½ tsp cinnamon
- ¼ tsp nutmeg (optional)
- 4 cups chicken broth (ideally homemade. If buying, try to find a good quality 'paleo' broth that does not contain msg or other additive)
- 1 can (400ml) coconut milk (full fat) or cream
- Sea salt and pepper to taste



# Carrot Soup

## INSTRUCTIONS

1. In a large pot, sauté the garlic (or garlic oil) and onion in the olive oil until aromatic.
2. Discard the onions and garlic (they are high FODMAPs, so we only want the flavour for now), leaving the oil in the pan.
3. Add the carrots, cinnamon and nutmeg, and sauté for 3 to 5 minutes, stirring the mixture frequently.
4. Add the broth and bring the soup to a boil, then turn the heat down and simmer, partially covered, for about 20 minutes until the carrots are tender.
5. Remove the pot from the heat. Blend the mixture with a stand mixer or in the blender.
6. Add the coconut milk. Season with salt and pepper.
7. If serving immediately, return the soup to a burner set on low heat until warm.
8. Serve and enjoy!

**Note 1:** A small number of people might not tolerate coconut milk. In this case, omit it and it will still taste great.

**Note 2:** Double or triple the recipe if you would like to keep some in the freezer.

