

VEGETARIAN

SPICY CARROT AND APPLE SOUP



Ingredients (For 4 people)

- 300 g carrots
- 1 apple
- 1 onion
- 1 clove of garlic
- 2 cm fresh grated ginger root
- 1 tbsp colza oil
- 1 l vegetable stock
- 1 tbsp honey
- 1 tbsp turmeric
- Salt and pepper

Preparation:

Coarsely cut the carrots.

Peel the apple, core it, and coarsely cut it.

Mince the onion and sauté it in the olive oil..

Add the garlic and ginger and cook for one minute.

Add the stock, carrots, apple, oil and honey, and bring to a boil.

Cook for 25 minutes until the carrot and apple are tender.

Blend all the ingredients with an immersion blender and season.

