



🕒 Approximately **20 min**

🔥 **394** kcal p.p.

👤 **4** persons

WHAT YOU NEED

- Carrots: 800 g
- Avocado: 2 pcs
- Tomatoes: 300 g
- Yellow bell pepper: 2 pcs
- Ground Ginger: 20 g
- Cedar nuts: 40 g
- A package of red sprouts: 1 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Garlic cloves: 2 pcs
- Water: 800 ml
- Sweet paprika powder: 1 tsp.
- Coconut oil: 1-2 tsp.
- Flaxseed oil

ALLERGENS

RAW CARROT GINGER SOUP WITH SPROUT TOPPING

INSTRUCTION

- Peel and coarsely chop carrots. Pit, peel and cube avocado. Drizzle with some lemon juice to prevent from discoloring. Wash and cube tomatoes. Wash, core and cube bell pepper. Peel and finely chop garlic and ginger.
- Add all prepared ingredients, coconut oil and the water to your blender or food processor. Pulse until smooth. Prepare in 2 batches if your blender cup is too small. Season to taste with salt, pepper and sweet paprika powder.
- Roast cedar nuts on a dry pan. Set aside and leave to cool down.
- Add the raw carrot ginger soup to bowls and top with sprouts and cedar nuts. Drizzle with some flax seed oil and sprinkle with some freshly ground black pepper.