

Cleansing Carrot-Ginger Soup

This is a great cleansing soup during the cold months of winter. You can double or triple amounts as needed.

- 2 Tbs coconut oil
- 1 medium yellow onion, chopped
- 2 Tbs ginger, peeled and chopped
- 2 garlic cloves, sliced
- 6 medium size carrots, chopped
- 6 cups low sodium vegetable broth
- 2 cups of water
- $\frac{1}{4}$ teaspoon turmeric
- sea salt and pepper to taste
- chopped chives to garnish (optional)

Directions

1. Saute onion, garlic and ginger in coconut oil until onions translucent.
2. Add carrots and vegetable broth, water and turmeric.
3. Bring to simmer, cover, cook for 30 minutes.
4. Add all ingredients to blender (or use hand blender to stir in pot), add sea salt and pepper to taste, blend until smooth.