

## Carrot and Ginger Soup



### Ingredients

1 leek, washed and finely sliced  
1 stick celery finely chopped  
1 tablespoon fresh grated ginger  
1 teaspoon fresh grated turmeric or 1/2 teaspoon dry  
600 g (21 oz) Carrot, thinly sliced  
300 ml (10 1/2 fl oz) almond milk or just extra vegetable stock  
1 litre (4 cups/ 35 1/4 fl oz) Vegetable stock  
1 onion or 2 shallots, chopped finely  
Pinch of sea salt  
Black pepper to taste  
Serves 2 generous bowls.

### Method

Combine stock, leek, celery, carrot, almond milk, ginger, turmeric and shallot into a saucepan.  
Bring to the boil and simmer for 10 minutes.  
Remove the soup from the heat and cool slightly.  
Blend in a high performance blender for 15 – 20 seconds.  
Pour the soup back into the saucepan to reheat and season with sea salt and pepper.  
Serve with fresh garden herbs or a little coriander pesto.  
Enjoy. Serves 2 generous bowls