



Natural Life
Choices,™ Inc.

YELLOW CARROTS SOUP



INGREDIENTS:

- » 6 cups of vegetable stock
- » 4-5 yellow carrots
- » Half of garlic
- » 2in of ginger
- » ¾ cup of coconut milk
- » 1 lemon
- » 2 tablespoon fresh cilantro



PREPARATION:

Peel carrot, garlic, ginger and cut into small pieces. Put everything in pot, and squeeze the lemon on top of vegetable. Add salt, black pepper and vegetable stock. Boil and then simmer for 30 minutes. Then blend everything and add the coconut milk and bring to boil again. Serve with nicely chopped fresh cilantro on the top of soup.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)