



Carrot & Cashew Soup



Servings: 4

300 kcal per portion

10 g protein per portion

Ingredients

- 2 lbs of fresh carrots, peeled and roughly chopped
- 900 ml stock or water
- 1-2 tsp salt
- 1 medium potato, washed and roughly chopped
- 3-4 tbsp butter
- 220 g onion, chopped
- 1-2 cloves garlic, crushed
- 1 tsp ginger, grated
- 75 g cashews, chopped
- 160 ml Greek natural yoghurt

Directions

1. Place carrots, stock/water, salt and potato into a soup pot and bring to boil.
2. Cover, and let simmer for 15 minutes.
3. Let it cool to room temperature.
4. Saute the onion, garlic, and nuts, with a pinch of salt, in the butter until the onions are clear.
5. Stir in the ginger, and let cook for another minute.
6. Add onion to the cooked carrots and puree in a blender until smooth, then reheat until warm.
7. Garnish with a tablespoon of Greek natural yoghurt.

