



## Health Breakdown

GLUTENFREE  
VEGAN  
SOYFREE  
DAIRYFREE

TARGETS  
LIVER  
THYROID  
WOMEN'S HORMONES  
CANCER  
SKIN

## CARROT COCONUT CREAM SOUP

Servings: 2 Time: 10 minutes Tip: This freezes well. Delicious topped with organic, nitrate-free bacon or any white fish goes well with it.

Carrot juice is the richest source of vitamin A that the body can assimilate. It also contains an ample supply of vitamins B, C, D, E, G, and K. Carrots are an aid to digestion and are recommended to nursing mothers to improve the quantity and quality of their milk. Carrot juice is a specific for calcifying poor teeth and can correct faulty circulation. It is cleansing to the liver and improves the quality of the blood and effective in correcting chronic infections such as tonsillitis, colitis and appendicitis. It has also been used in the treatment of anemia, blood poisoning, ulcers, rheumatism, acne and all forms of cancer. Ginger aids digestion and liver detox. Coconut helps repair damaged gut and retrain the body to burn fat for energy due to its contents of medium chain fatty acids. Cinnamon and turmeric are the most potent remedies we know of to reverse diabetes and inflammatory based issues.

Reference: Nutr J. 2011 Sep 24;10:96. Drinking carrot juice increases total antioxidant status and decreases lipid peroxidation in adults. Potter AS

### *What's in it?*

- 6 carrots
- 1 cup/ 250 ml coconut cream
- handful parsley
- 1/2 tsp. ginger
- 1/2 tsp. turmeric
- 1 tsp. Ceylon cinnamon
- Sea salt + pepper

### *What to do?*

- Cover chopped carrots + parsley in a pot with water
- Simmer for approx. 5 minutes tip carrots are tender
- Drain water (or save and use for broth)
- Place veggies in a blender
- Add coconut cream + spices
- Blend on high speed til smooth
- Serve in bowls topped with parsley and maybe just a delicious drizzle of coconut cream

