



Carrot and Ginger Soup

Enjoy this easy to make and low fat, warming soup during the winter months. Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

Serves: 1, Prep time: 00:10, Cook time: 00:10

Instructions

Peel and chop the carrots and put in a blender with the ginger, turmeric, paprika, bread, yoghurt and vegetable stock.

Blitz until smooth.

Heat until piping hot.

Swirl through some extra Greek yoghurt, or a sprinkling of paprika, if you like.

Servings: 1 | Kcals per serving: 200 |
Carbs per serving: 25g | Fat per serving:
7g | Protein per serving: 5g

*All of the nutritional values listed, are an approximate guide calculated from My Fitness Pal and may vary depending on the brand of the products used.

Ingredients

- 3 Carrot, large
- 1 Ginger, thumb sided bit, grated
- 1 tablespoon Tumeric
- 1 pinch or to taste Paprika, Smoked, pinch
- 1 tablespoon Yoghurt, Greek style, full-fat, to serve
- 175 milliliters Vetable stock (6 oz (U.S.))

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