

Carrot & Coriander Soup

Ingredients:

1 tbsp olive oil-

1 onion, chopped-

2 garlic cloves, minced-

6 large carrots, chopped-

1 tsp ground coriander

4 cups vegetable broth

Salt and pepper to taste-

Fresh coriander to garnish

Instructions:

Heat oil, sauté onion and garlic until soft

Add carrots and ground coriander, stir well.

Pour in broth, bring to a boil and simmer for 20 minutes.

Blend until smooth, season to taste, garnish with fresh coriander.

Health Benefits:

- Carrots: Rich in beta-carotene and antioxidants-
Coriander: Supports digestion and detox- Simple,
light, and cleansing