



CARROT AND ALMOND SOUP

A quick and easy soup, packed full of magnesium which can help reduce stress and anxiety and boost energy levels

Hälsa Winter Warmer Series

Carrot and Almond Soup

Ingredients

- 6 carrots trimmed and sliced
- 2 celery stalks
- 2 onions
- 2 cloves of garlic
- 1-2 tbsp chopped fresh coriander (reserve stalks)
- 1-2 tbsp chopped fresh parsley (reserve stalks)
- 500ml vegetable stock
- 100 g ground almonds

Method

- Chop up all of the vegetables into equal size pieces (about 1")
- Add all the vegetables and herb stalks to a large saucepan and sauté until the vegetables and herb stalks are soft
- Remove the herb stalks and add the stock and simmer until all the vegetables are soft
- Blitz with a hand blender until smooth, add more water if required
- Add the ground almonds and mix in well
- Garnish with the herbs to taste and some toasted almonds if preferred



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