

Maca and Carrot Soup (makes 4 bowls)

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Warm-up with this delicious and nutritious orange vibrant soup and reap the amazing health benefits to be obtained from it. Carrots are in fact one of the most nutritious root vegetables. They are one of the richest vegetable sources of carotene (this gives them their vibrant orange colour), high in fibre, and packed full of the antioxidants beta carotene, vitamin C and E, calcium, and potassium - all great nutrients when it comes to supporting fertility. Maca is rich in vitamins C, B, and E as well as containing a plentiful supply of the minerals magnesium, phosphorus, calcium, selenium, iron, and zinc, all crucial when it comes to optimizing fertility. Maca is also a complete protein, containing the nine essential amino acids that the body can't produce on its own. Ginger is packed with bioactive compounds that offer many health benefits. Not only is it packed full of vitamins and minerals, but it gives a lovely warming kick to this tasty soup. Enjoy!

Warm-up with this nutritious and delicious immune-supporting and anti-inflammatory soup.

Ingredients:

950ml vegetable stock

3 carrots

1 white onion

2 tsp of maca powder

3 cloves garlic crushed

1-inch piece of fresh ginger finely grated

1 tbsp lemon juice

To make:

Chop the onion and carrot into small chunks and grate the ginger and finely.

Heat a small amount of olive oil in the bottom of a large stockpot and saute the onion for around 3 minutes until translucent, then add the crushed garlic, maca, and ginger and saute for another 1 minute.

Next, add the carrot and saute for another 2 minutes. Then add the vegetable stock and simmer for 20-25 minutes until the carrot is cooked through and soft.

Use a stick blender to blend the soup until it's smooth, or transfer it into a standing blender and blend. Stir in the lemon juice, then serve with a sprinkling of fresh coriander and your favourite seeds on top.