

CARROT GINGER SOUP



ingredients:

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| 2 pounds baby carrots | 1 Tablespoon minced fresh ginger |
| 1 medium yellow onion, chopped | 1/3 cup lite coconut milk |
| 1 teaspoon garlic powder | 2 Tablespoons orange juice |
| 1 teaspoon dried thyme | 8 Tablespoons plain, non-fat Greek yogurt |
| ½ teaspoon cinnamon | Optional garnishes: Fresh thyme, orange zest |
| 2 Tablespoons olive oil | |
| 3 cups low-sodium vegetable broth | |

directions:

1. Preheat oven to 400 degrees F.
2. Place carrots, onion, garlic powder, dried thyme, cinnamon, and olive oil into a large mixing bowl and toss to combine.
3. Spread carrot mixture evenly on a large baking sheet. Roast for 35 to 45 minutes, stirring halfway through, or until carrots are tender.
4. Place roasted carrot mixture in a blender. Add the vegetable broth, ginger, coconut milk, and orange juice, and blend until smooth.
5. Pour into 8 bowls and garnish with Greek yogurt (1 Tablespoon), and if desired, fresh thyme or orange zest.

Yield: 8 servings

Nutrition Information Per Serving:

Calories: 103 calories
Fat: 4 grams
Saturated Fat: 1 gram
Cholesterol: 0 grams
Sodium: 147 milligrams
Carbohydrates: 14 grams
Fiber: 6 grams
Protein: 3 grams

Food exchanges:
3 vegetables, 1 fat



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