



NOT JUST FOR HALF-TIME THEY'RE FOR ANYTIME

Squeeze more out of life.

Carrot, Ginger & Aussie Orange Soup

Serves 2 *by Kim McCosker*



Ingredients

4 carrots, peeled and evenly sliced

1 tbs ginger

2 oranges juiced; zest of 1

2 cups vegetable stock

Method

Add all ingredients to a saucepan. Bring to the boil, then reduce heat, simmering for 20 minutes or until the carrots are tender.

Using a hand blender, blend the soup until smooth. Season with pepper to taste.

Optional: Serve with a dollop of creme fraiche.



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