



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.



oranges.com.au