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**MOUTH
WATERING
vegan™**



Spinach, Ginger & Zucchini Soup With Lime Zest

This soup is super easy to make and super healthy too, enriched with vitamins and immuno-boosting nutrients. It's delicious and ideal to prepare when you are on the go, as it will boost your energy levels and help you maintain good health. Enjoy any time of the year !

INGREDIENTS

1 kg fresh spinach, washed and drained, and chopped or 4 cups of frozen spinach

1 inch ginger, plus extra for garnishing

1 medium sized zucchini/courgette, roughly chopped

4 cups (1 ltr) water – more if you want a thinner soup

1 tsp dried veg. stock granules

1-2 cloves of garlic roughly chopped

Himalayan salt to taste

the juice of ½ a lime

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Share a handful (around 2 Tbsp) fresh parsley or cilantro/coriander

little extra virgin olive oil

METHOD

1. Gently fry your garlic for a couple of minutes (do not burn it) – then add the rest of the ingredients, except for the water, stirring frequently.
2. After 5 minutes, add half the water and allow to simmer for 15 minutes. Then add the remaining water, and simmer for a further 5 minutes. Allow to cool for 10 minutes.
3. Place in a high speed blender, and blend until smooth.
4. Garnish with some ginger and lime zest and/or coriander/cilantro, and serve hot in a large mug.

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Mouthwatering Red Bean,
Mushroom & Carrot Stew

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'Pesto Cremoso' – Super
Creamy Pesto

