

## Light and Refreshing Chilled Carrot Soup

Though we aren't in peak carrot season, carrots are readily available year round and can be made into a delicious and refreshing summer soup such as the one below. This recipe is featured from the July 2009 issue of Foods Matter, a magazine (available online and in print) dedicated to food allergies, intolerances, and sensitivities. It uses simple, everyday ingredients, but is spiked with a healthy dose of seaweed for both flavor and nutrition. Overall, the soup is a good source of vitamins A and B6, and is suitable for most diets ... include vegan / vegetarian, dairy-free, gluten-free, low fat, and paleo diets. Plus, all you need is four basic ingredients (plus a little sea salt and pepper) to enjoy!

### Chilled Carrot Soup with Nori

This recipe is from the July 2009 issue of Foods Matter. It is Wheat-Free, Gluten-Free, Dairy-Free, Egg-Free, Nut-Free, Soy-Free, Corn-Free, Nightshade-Free, Low Fat, Sugar-Free and Vegan!

- 2 medium onions
- 1 3/4lb young carrots [look for bunches with healthy, leafy green tops]
- 7 1/2 cups gluten and wheat free vegetable stock [homemade or store-bought]
- 15 leaves dried nori (or other dried Japanese seaweed if you cannot get nori)
- sea salt and freshly ground black pepper, to taste

Peel and slice the onions roughly. Trim and scrape the carrot and cut in thick slices.

Put both in a pan with the stock, bring to the boil and simmer, covered, for 25&ndash;30 minutes or until the carrots are soft.

Purée in a food processor [or blender] then return to the pan or a bowl.

With scissors cut the nori into very thin strips and stir into the soup while it is still warm.

Season to taste with salt and pepper then chill.

Before serving, adjust seasoning again as it may need a little more when chilled. SERVES 6 &ndash; PER PORTION

70cals &ndash; 2.7g protein

1g total fat &ndash; 0.1g sat / 0g mono / 0g poly

13g carbohydrate of which 11g sugar

5g fibre &ndash; 208mg sodium / 0.5g salt

54mg calcium