

Kale and Carrot Soup with Ginger Fennel and Lime

Ingredients - organic

4 Whole carrots
1/2 tsp Fennel seeds
1 inch Ginger root
1/2 lbs Kale
1/4 Lime
1/2 tsp salt - good quality
1 tbsp Sunflower oil

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Instructions

Chop Kale and carrots. Place in a pot and add water until vegetables are just covered. Boil with all ingredients until Kale is soft and easy to chew. Simple, enjoy!

Ayurvedic perspective

Kale is bitter and aids in detoxification. Carrots help with reducing rouge fire. Fennel improves digestion yet doesn't increase pitta. Fresh ginger is anti inflammatory and improves digestion as well. Lime reduces acidity in stomach.

This is a great recipe if you have acidic conditions.

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