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CREAMY PEA SOUP

Ingredients (serves 4)

- 2 large onions
- 2 large cloves garlic
- Extra virgin coconut oil (Amanprana)
- 1-1½ l water
- 3 organic stock cubes
- 750 g bag of frozen peas (NOT a tin or jar)
- 1/3 of a celeriac or 1 parsnip
- 1 tsp ground rosemary
- or 1 tsp ground nettle
- pepper, salt, shoyu or Amanprana orac Botanico mix mild to taste
- 2 tsp ground ginger
- 1 egg or 1 tsp sour cream per portion of soup
- Olive oil (Verde Salud)
- sprouts for garnish (broccoli sprouts, alfalfa, garden cress or similar)

Gluten free

Vegetarian



Vegan

Raw food

Preparation

Fry off the onion and garlic in a little coconut oil. Then add the water with the dissolved stock cubes, the peas and the diced celeriac or parsnip and cook until tender. Add the herbs.

Puree with a hand blender. Bring to the boil briefly and beat in a raw egg. Take the pan off the heat. Just before serving, mix in a little olive oil or a spoonful of coconut oil.

If you have not added an egg to the soup, you can serve with a little sour cream. Garnish with sprouts.

Tip

The combination of garlic, onion, sprouts, ground nettle and rosemary makes this soup a fantastic source of antioxidants.

Recipe from the cookbook "Weten van (h)eerlijk eten" (Knowing how to eat well) by R.Dijkinga, orthomolecular therapist and naturopath.



Have you tried this recipe? Give us your opinion at www.noble-house.tk/en/recipes/soup/creamy-pea-soup