

## **ROASTED CARROT SOUP**

Hearty and delicious. A small serving is all you need.

### **Ingredients:**

2 Lbs. Raw large carrots

32 Oz. Fresh Squeezed Carrot Juice (from your juice department)

1.5 tsp. real maple syrup

Olive Oil

Salt & Pepper to taste

### **Directions:**

Cut your large carrots in quarters length-wise and core out the center bitter section. It has a green hue – this is the bitter part of your carrot.

Place all cored carrots in a roasting pan and top with olive oil (approx.2 Tbs.) and sprinkle with salt and pepper.

Roast at 400° for approximately 30 minutes until the carrots look well roasted. (They should look like they are beginning to shrink).

Place them in a medium stock pot with the carrot juice and heat. Cook on medium heat for approximately 20 minutes.

With a stick immersion blender, mix the ingredients until smooth. If you don't have an immersion blender, you can use a regular blender.

Add additional salt and pepper if desired.

Serves 4.