

Carrot and Dill / Mint / Basil Warm or Cold Soup/ Drink

(Recipe by Radha Sukhani)

Ingredients: Serves 4-6

- Four cups carrot juice
- Half cup dill / Basil / Mint leaves(select one flavor)
- Two tablespoons of lime or lemon juice
- Six to eight soaked walnuts halves (soaked for 1 hour) or ten to 12 blanched almonds (soaked overnight and skin removed)
- One tablespoon golden sesame oil or virgin coconut oil
- One inch piece of ginger cut into small pieces.
- Pinch of turmeric powder (optional)
- Himalayan sea salt to taste
- Two Cups of hot water (if you like warm soup)
- Ice Cubes (if you want the cold drink)

Garnish :

Few Dill /Basil/ or Mint leaves

Toasted walnut pieces

Shredded carrot slices (optional)

Directions:

Blend carrot Juice, walnuts/almonds, dill, salt, lemon juice and 2 cups of water in a high power blender. Blend until smooth and creamy. Add sesame oil/coconut oil and ice cubes blend at low speed for few seconds.

Serve in stemmed glasses with garnish on top.
