



Low-Fat Carrot Ginger Soup

*This recipe contains the beginner cook's magic word: "microwave". It is a low-fat, three-step recipe that's perfect for the culinarily-challenged and goes from raw ingredients to steaming soup in less than 10 minutes. One serving contains 5% of your daily sodium intake, whereas an equivalent portion of a typical canned soup contains 55%. High quantities of **vitamin A** and **fib**re only add to this soup's appeal.*

Prep: 5 minutes • Total: 7 minutes

Ingredients:

Frozen carrots	1 cup	250 mL
Hot water	1.5 cups	375 mL
Vegetable or chicken boullion	1 cube	1 cube
Skim milk	½ cup	125 mL
Ginger, grated	1 tsp	5 mL
Honey	1 tsp	5 mL

Directions:

1. Put all ingredients into blender, and puree.
2. Warm in microwave for 2 minutes
3. Garnish as desired, and serve hot.

Nutrition Facts

Serving Size (386g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 15		
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 130mg			5%
Total Carbohydrate 18g			6%
Dietary Fiber 3g			12%
Sugars 12g			
Protein 3g			
Vitamin A 500%		• Vitamin C 6%	
Calcium 15%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Adapted from: "The Superstress Solution", by Roberta Lee, MD

Makes 2 servings (386 g / serving) • 1 serving = 1 large bowl (386 g)

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