 **Carrot Ginger Miso Soup**

*Serves 4*

**Ingredients**

2 tbsp onion, chopped

3 cups vegetable broth

1 pound carrots, peeled and chopped

2 tbsp ginger, grated

2 tsp tamari

¼ tsp sea salt

3 tbsp miso paste

½ cup coconut milk

2 tsp cider vinegar

**Directions**

1. Melt coconut oil over medium heat. Add onion and cook until transparent.
2. Add broth, carrots, ginger, tamari, and sea salt and stir together. Cover and bring to a boil and then reduce heat to simmer.
3. Cook until carrots are tender, about 5-10 minutes. Allow to cool for about 10 minutes.
4. Add coconut milk, miso paste, and cider vinegar. Use an immersion blender or add ingredients to a blender and puree until smooth.
5. Garnish with extra coconut milk if desired.

**Nutrition**

*200 cals, 18g C, 5g P, 13g F*