

Recipe

KETO KARROT GINGER COCONUT {BONE BROTH} BISQUE

THE GOODS:

- 3 carrots
- ½ cauliflower
- 1 yellow onion
- 1 can full fat coconut
- ¼ cup collagen peptides (optional)
- 1 inch fresh grated ginger
- 2 cups chicken bone broth (or veggie broth)
- 2 cups spring water
- 2 tsp sea salt
- ¼ tsp black pepper
- 1 tsp apple cider vinegar
- 2 tbsp coconut oil
- optional toppings: hemp seeds, fresh herbs or dollop of coconut cream

THE METHOD:

Saute onions on medium in coconut oil until transparent. Chop carrots and cauliflower and sauté with onions. Add shredded ginger, collagen powder, bone broth, water and simmer for 20-30 min on low until carrots are fully cooked. Blend the soup in the blender or with an immersion blender. Salt to taste.

Boulder Nutrition