

## Soup recipes

### Clear Liquids

[Clear chicken soup](#)

[Clear soup recipe – vegetable consommé](#)

[Bone broth soup](#)

### Free Liquids Soup Based

[Pumpkin Soup](#)

[Red Lentil Soup](#)

[Cream of chicken and cauliflower soup](#)

[Quick and easy creamy vegetable soup](#)

[Moroccan vegetable soup](#)

[Poree of vegetable soup](#)

## Fruit smoothie recipes

[Citrus Energy-Boosting Smoothie](#)

[Shape-Shifter Smoothie](#)

[Classic Mango lassi Smoothie](#)

[Healthy Pumpkin Spice Smoothie](#)

[Raspberry Mocha Smoothie](#)

# SOUP

## Clear chicken soup

### Ingredients

- 300 g Chicken with bones
- 1/4 cup Onion (Chopped)
- 3-4 cloves Garlic (Smashed)
- 1/4 cup Carrot (Chopped)
- 2 Bay leaf
- 2-3 sprigs Thyme
- 4 cups Water
- Salt to taste
- 1/4 tsp Freshly Cracked black pepper

### Instructions

1. Wash the chicken and add it in a pressure cooker along with onion, garlic, carrot, bay leaf, thyme and water.
2. Add salt and freshly cracked black pepper and pressure cook until one whistle on high heat.
3. Simmer the heat and cook for 10-12 minutes on low heat.
4. Remove the pressure cooker from heat.
5. Let the pressure release and then open the cooker.
6. Strain the soup using a soup strainer.
7. Take out the chicken pieces and shred them into small pieces discarding the bones.

<https://www.whiskaffair.com/clear-chicken-soup/>

## SOUP

### Clear soup recipe – vegetable consommé

#### Ingredients

- 1 Tablespoon Olive Oil
- 2 cups Carrots
- 3.5 ounces Leek
- 7 ounces Cauliflower
- 1/2 gallon Water
- 1 handful Celery stalks roughly chopped
- 1 handful Parsley roughly chopped
- 1 large Bay Leaf
- 4 Garlic Cloves crushed
- 1/4 Teaspoon Nutmeg
- 4-5 Juniper Berries
- 4 Allspice or 1/2 Teaspoon powder
- Salt to taste
- Black Pepper to taste
- Parsley to garnish

#### Instructions

1. Rinse, peel and roughly cut your Carrot, Leek, and Cauliflower.
2. Grab a tall soup pot and add the Olive Oil. Fry your Vegetables for a 2-3 minutes quickly.
3. Add the Water and add in the Celery, Parsley, Bay leaf, Garlic, Nutmeg, Juniper Seeds and Allspice.
4. Bring the soup to a boil, then take down the heat to a light simmer.
5. Do not cover the soup and don't mix it too often. Let it cook for about 80 minutes. (all together the soup cooks for 90 minutes!) The soup will reduce a lot and get infused and that's what we want!
6. Once finished cooking, add salt and pepper to taste, strain the soup with a muslin/cheesecloth while pressing the vegetables well into the cloth so that all the juice comes out and collect the soup in a pot underneath. Discard the cooked vegetable and spices.

<https://www.masalaherb.com/clear-soup-recipe/>

## SOUP

### Bone broth recipe

Ingredients.

2kg beef bones (mix of marrow bone, knuckle and meat bones)

6 sprigs thyme

2 tablespoons apple cider vinegar

2 carrots, quartered

1 brown onion, halved

2 stalks celery, chopped

4 garlic cloves

1 bay leaf

1 Preheat oven to 200°C or 180°C fan-forces. Place bones on a roasting tray. Roast the bones for 30 minutes. Roasting is optional but it does give the broth extra, richer flavour and a deeper colour.

2 Transfer bones and fat to a large saucepan or stock pot with remaining ingredients and enough water to cover bones. Bring to a boil. Reduce heat. Cook on the lowest setting for at least 24-48 hours (the longer the cooking time, the more nutrients you will extract from the bones). Add extra water to make sure bones are always covered with liquid.

3 Strain into a large bowl. Cool quickly by placing the bowl in a sink or large tub filled with iced-water. Chill. Alternatively, set aside at room temperature to cool slightly. Discard hard layer of fat

<https://www.taste.com.au/healthy/articles/make-bone-broth/skvhiaiz>

## SOUP

### Pumpkin Soup

#### INGREDIENTS

- 4 tablespoons olive oil, divided
- One 4-pound sugar pie pumpkin
- 1 large yellow onion, chopped
- 4 large or 6 medium garlic cloves, pressed or minced
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ⅛ teaspoon cloves
- Tiny dash of cayenne pepper (optional, if you like spice)
- Freshly ground black pepper
- 4 cups (32 ounces) vegetable broth
- ½ cup evaporated skim milk
- 2 tablespoons maple syrup or honey
- ¼ cup pepitas (green pumpkin seeds)

#### INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper for easy cleanup. Carefully halve the pumpkin and scoop out the seeds (you can roast the seeds if you'd like—see note—but you won't need them for this recipe).
2. Slice each pumpkin halve in half to make quarters. Brush or rub 1 tablespoon olive oil over the flesh of the pumpkin and place the quarters, cut sides down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set it aside to cool for a few minutes.
3. Heat the remaining 3 tablespoons olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add onion, garlic and salt to the skillet. Stir to combine. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. In the meantime, peel the pumpkin skin off the pumpkins and discard the skin.
4. Add the pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (if using), and a few twists of freshly ground black pepper. Use your stirring spoon to break up the pumpkin a

bit. Pour in the broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes, to give the flavors time to meld.

5. While the soup is cooking, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until fragrant, golden and making little popping noises. You want them to be nice and toasty, but not burnt. Transfer pepitas to a bowl to cool.
6. Once the pumpkin mixture is done cooking, stir in the skim milk and maple syrup. Remove the soup from heat and let it cool slightly. You can use an immersion blender to blend this soup in the pot. I prefer to use my stand blender, which yields the creamiest results—working in batches, transfer the contents of the pan to a blender (do not fill your blender past the maximum fill line!). Securely fasten the blender's lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer the puréed soup to a serving bowl and repeat with the remaining batches.
7. Taste and adjust if necessary (I thought the soup was just right as is, but you might want to add more coconut milk for extra creaminess/milder flavor, or maple syrup to make it a little sweeter).
8. Ladle the soup into individual bowls. Sprinkle pepitas over the soup and serve. Let leftover soup cool completely before transferring it to a proper storage container and refrigerating it for up to 4 days (leftovers taste even better the next day!). Or, freeze this soup for up to 3 months.

<https://cookieandkate.com/creamy-vegan-pumpkin-soup/>

## SOUP

### Red Lentil Soup

#### Ingredients

- 2 tbsp olive oil, *extra virgin*
- 1/2 onion, *diced*
- 2 cloves garlic, *diced*
- 1/2 c canned diced tomatoes
- 8-9 c chicken stock
- 2 c red lentils
- 4 tbsp tomato paste
- 1 1/2 tbsp dried mint
- 2 c potato, *diced*
- 1 tsp smoked paprika
- 1 tsp sweet paprika
- 1/2 tsp salt, *more to taste*

#### Instructions

- Heat olive oil in a large soup pot. Add onion and stir, cooking until translucent. Add garlic and saute for one additional minute.
- Add all other ingredients to the pot. Bring to a boil and then reduce to a low boil/simmer.
- Simmer for 30-40 minutes, or until lentils and potatoes are soft. Transfer in batches to a blender and blend until smooth (or use a stick-blender to blend directly in the pot).

<https://www.goodinthesimple.com/pureed-red-lentil-soup/>

## SOUP

### Cream of chicken and cauliflower soup

#### Ingredients

- 1 head of cauliflower washed coarsely chopped
- 6 cups of chicken broth (home made or commercial)
- 2 cups of chopped cooked chicken meat
- 1 cup of diced white onion
- 1 cup of low fat milk

#### Instructions

1. Place the cauliflower, broth, chicken and diced onion into a large crockpot.
2. Cook on low for 5-6 hours, or until the cauliflower is soft and cooked through.
3. Vitamize the ingredients and add extra liquid if required to create a runny soup consistency
4. Whisk in the milk, then leave to heat another 10 minutes or so.

<https://www.thekitchenmaggie.com/cream-of-chicken-cauliflower-soup/>

## SOUP

### Quick and easy creamy vegetable soup

#### Ingredients

- 1 large onion
- 1 pound carrots, peeled (4 to 5 medium)
- 4 celery sticks
- 1 tablespoon olive oil
- Salt
- 1/4 teaspoon crushed red pepper flakes
- 1 pound thin-skinned potatoes (3 medium or 6 small potatoes)
- 3 garlic cloves, peeled and halved
- 3 cups chicken or vegetable stock, [see how to make chicken stock](#)
- 2 bay leaves
- 3 sprigs fresh thyme (substitute 1 teaspoon dried thyme)
- 1/2 cup evaporated skim milk / low fat milk

#### DIRECTIONS

##### PREPARE SOUP

- Chop the onion, carrots, and celery into 1/2-inch chunks. Chop the potatoes into 1/2-inch chunks, but set aside from other vegetables.
- Heat the oil in a large pot over medium-high heat. Toss the onion, carrots, and the celery around in the oil. Sprinkle with a 1/2 teaspoon of salt and add the red pepper flakes. Cook, stirring occasionally, until the vegetables sweat, soften, and smell sweet; 5 to 10 minutes.
- Stir in the potatoes, garlic, bay leaves, and thyme. Cook for 5 minutes. (Add more oil if the pot seems dry).
- Pour in the stock and bring to a boil. Reduce to a simmer and cook until you can easily pierce the potatoes with a fork; about 15 minutes.

##### TO FINISH

- Remove the soup from the heat. Take out the bay leaves and thyme sprigs and discard. Use an immersion blender, stand blender, or food mill to puree the soup until smooth.
- Stir in the milk. Taste for seasoning and adjust with more salt and pepper if necessary.

<https://www.inspiredtaste.net/9603/creamy-vegetable-soup-recipe/>

# SOUP

## Moroccan vegetable soup

### INGREDIENTS

- 1 onion - or 2 leeks
- 2 stalks celery - with leaves
- 12 medium carrots - peeled
- 4 medium turnips - peeled
- 3 small potatoes - peeled
- 3 medium zucchini - stems discarded
- 1.5 cups peas or green beans
- 1 wedge pumpkin - rind discarded
- 1/2 small cabbage
- 1/2 small cauliflower

### Stock and Seasoning

- 3 quarts broth, stock or bouillon - chicken or vegetable
- 3 tablespoons butter or olive oil
- 1 handful parsley
- 1/2 teaspoon black pepper
- salt - to taste, if needed
- 3 cloves garlic - (optional)
- 2 teaspoons vinegar - (optional)

### INSTRUCTIONS

1. Coarsely chop all the vegetables and place them in a stock pot.
2. Add the seasoning and enough stock, broth or bouillon to barely cover the veggies.
3. Bring the stock to a boil over high heat. Reduce the heat to medium and simmer the soup, partially covered, for 30 to 40 minutes.
4. Allow the soup to cool for 20 minutes. Puree the vegetables in the pot with an immersion blender, or process the veggies with the broth in batches in a blender. (*See notes below.*)
5. If the pureed vegetable soup is thicker than you like, stir or blend in a small amount of water or additional broth.
6. Taste and adjust seasoning. Serve warm.
7. Leftover Pureed Vegetable Soup will keep well in the fridge for up to five days or in the freezer for up to two months.

<https://tasteofmaroc.com/moroccan-pureed-vegetable-soup/>

# SOUP

## Poree of vegetable soup

### Ingredients

- 2 tablespoons olive oil
- 3 leeks, with light green part, finely chopped
- 4 carrots, peeled and sliced
- 4 zucchini, sliced
- 3 Yukon Gold potatoes, about 1 pound, peeled and sliced
- 1 1/2 tablespoons tomato paste
- 6 cups vegetable broth
- 1 can garbanzo beans, rinsed and drained
- 1 tablespoon fresh lemon juice
- 3 tablespoons Italian flat leaf parsley, finely chopped

### Instructions

1. Heat the oil in a large saucepan over medium heat. Add the leeks and cook until softened, about 5 minutes. Add carrots, zucchini and potatoes. Cook until softened, about 3 minutes.
2. Add the tomato paste and vegetable broth. Simmer until vegetable are soft, about 30 minutes. Add chickpeas and cook for another few minutes. Add lemon juice and salt/pepper to taste. Remove from heat.
3. Puree the soup in batches in a food processor or blender. If you have an immersion blender, that would work well too. Take care not to over fill the processor or blender; I like to only fill it about half full when working with hot liquids. Return the pureed soup to the pot and heat gently for a few minutes

<https://wellvegan.com/recipe/puree-of-vegetable-soup>

## FRUIT SMOOTHIES

### Citrus Energy-Boosting Smoothie (serves 4)

#### Ingredients

- 1 orange peeled and chopped, seeds removed
- 1 lemon peeled and chopped, seeds removed
- 4 spinach leaves
- 2 carrots peeled and chopped (or grated)
- 1 1/2 cup almond milk
- 1 peach peeled and chopped

#### Method

Blitz all ingredient in a nutri bullet, to a completely smooth texture

<https://www.besthealthmag.ca/>

### Shape-Shifter Smoothie (serves 4)

#### Ingredients

- 1/2 cup frozen blueberries
- 1 tbsp cocoa powder preferably raw
- 1/2 avocado
- 1/2 small frozen banana
- 1 handful baby spinach or other greens
- pinch cayenne
- 2 cups water

#### Method

Blitz all ingredient in a nutri bullet, to a completely smooth texture

<https://www.besthealthmag.ca/>

## FRUIT SMOOTHIES

### Classic Mango lassi Smoothie (serves 4)

#### Ingredients

- 2 cups mangoes peeled, pitted and chopped
- 1 cup plain yogourt
- 2 cups water
- 1/4 tsp ground cardamom
- 1 tsp agave nectar

#### Method

Blitz all ingredient in a nutri bullet, to a completely smooth texture  
<https://www.besthealthmag.ca/>

### Spicy Banana Smoothie (serves 4)

#### Ingredients

- 2 small bananas
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1 1/2 cups unsweetened almond beverage
- handful ice

#### Method

Blitz all ingredient in a nutri bullet, to a completely smooth texture  
<https://www.besthealthmag.ca/>

## FRUIT SMOOTHIES

### Healthy Pumpkin Spice Smoothie (serves 4)

#### Ingredients

- 1 cup skim milk
- 1/2 cup pumpkin purée
- 1 medium banana
- 1/2 tsp nutmeg
- ice (one handful)

#### Method

Blitz all ingredient in a nutri bullet, to a completely smooth texture

<https://www.besthealthmag.ca/>

### Raspberry Mocha Smoothie (serves 4)

#### Ingredients

- 1 1/2 cups unsweetened almond beverage
- 1 cup fresh or frozen raspberries
- 1 tbsp almond butter
- 2 tbsp unsweetened cocoa powder
- 4 coffee ice cubes

#### Method

Blitz all ingredient in a nutri bullet, to a completely smooth texture

<https://www.besthealthmag.ca/>

