

Chilled Ginger Carrot Soup with Marching Poppy Seeds

- 1 T coconut oil
- 10 carrots, peeled and chopped
- 2 onions, finely chopped
- 2-3 T fresh [ginger](#), finely minced
- 3 c [homemade vegetable stock](#)
- 1/2 c [coconut milk](#)
- 1/3 c peeled and chopped mango
- 1/2 t sea salt
- freshly ground black pepper
- 1 T poppy seeds

Heat oil in a large pot, then add carrots and onions. Cook covered on medium heat, stirring occasionally for 10 minutes or until softened. Add ginger, and cook for 1 minute. Add vegetable stock, salt and pepper, and simmer on medium-low heat for 15 minutes or until tender.

Add mango, then purée until smooth. Add coconut milk, and taste to adjust seasoning. Blend, then refrigerate to chill. Sprinkle a line of poppy seeds in a zigzag across the top of each bowl. Serves 6.

Jittery Cook