

Turnip Soup Raw or Cooked

Raw Turnip Carrot Soup (top picture)

Step 1: peel and dice your turnip and carrots

Step 2: make Raw Almond Milk

Putting the following into a blender or Nut Milk maker:

- 1 cup almonds that have been soaked 24 hours drained & rinsed
- 5-6 cups cold water
- 2-4 dates (optional - this will add the sweetness)

Blend on high for a few minutes and it is ready to use. If you strain with cheese cloth or a fine strainer the milk will last longer and be smoother (save the pulp and add it to your flax cracker recipes).

Step 3: put the following into your blender until creamy

- 1 cup diced turnip
- ½ cup diced carrots
- 2 tbsp finely chopped onion
- 1 clove garlic minced
- ¼ cup diced celery
- 1 tsp turmeric
- Sea salt and cayenne pepper to taste
- 1-2 cups Raw Almond Milk

Note: to make it hot keep blending until you see the steam

Garnish with hempseed and serve.



Potato Turnip Soup (serves 2)

Step 1: peel and dice both the turnip and potatoes then cook in boiling water for 20 minutes until tender – drain and put aside

Step 2: in a saucepan sauté until tender (5-10 minutes)

- 2 tbsp coconut oil
- ¼ cup of each: finely chopped celery & onion
- 1 clove garlic minced

Step 3: add and stir until creamy

- 2 tbsp of each: coconut oil and water
- 1-2 tbsp flour
- 1 ½ cups coconut milk

Step 4: add this creamy mixture and the cooked turnip and potatoes to your blender and blend until well blended – this should still be hot to serve right away.

Note: add boiled water if this is too thick.

