AYURVEDIC CARROT AND YELLOW LENTIL SOUP

Warming and nourishing

Ingredients:
- 2 medium to large sized carrots
- 2 cups yellow lentils
- 3 tsp ghee or cold pressed olive oil
- 1/2 tsp cumin seed1/2 tsp mustard seeds
- 1 1/2 tsp cumin powder
- 1 1/2 tsp turmeric powder
- 1 inch fresh ginger
- 1 tsp freshly ground black pepper
- Rock salt to taste

Optional:
- 1/2 tsp brown sugar/ jaggery
- 1 pod crushed garlic

Method:
- Soak lentils in hot water- set aside
- Boil carrots 10-15 min-set aside
- Lightly dry roast all the spices
- Add carrots and lentils, cover the pot and cook until lentils are soft
- Add ghee/ oil. Let cool for 10min and blend to a soup consistency
- Serve with fresh coriander leaves