

# Carrot, Squash & Pear Soup



Recently served at our Chandra Yoga charity lunch, simple, nutrient dense ingredients combine to make this warming Winter soup.

500g butternut squash, diced

1 onion, chopped

300g carrots, diced

2 celery stalks, chopped

2 pears, cored

1 teaspoon coriander seeds, toasted and ground

Olive oil

1 litre vegetable stock

Himalayan salt and freshly ground black pepper to taste

Chopped chives to serve

Cook the onions in a drizzle of olive oil until golden. Cover the squash, carrots, celery and coriander seeds with stock and simmer gently. When almost cooked add the pear. Cool slightly and blend. Add salt and pepper to taste.

Serve with a sprinkling of chopped chives.