

Guilt-free soup

* Rosemary roasted parsnip

No ingredients you can't spell.
No meat, no dairy, only good things
like parsnips, onion, rosemary, thyme,
cloves and cayenne, salt and pepper.

Should keep for a couple of days,
otherwise freeze and save

Heat, serve, add salt and pepper
to taste.

Guilt-free soup

* Cumin roasted carrot

No ingredients you can't spell.
No meat, no dairy, only good things
like carrots, onions, cumin, garlic,
fresh orange juice and a little
avocado.

Heat, serve, and add salt and pepper
to taste.