Sweet Potato and Carrot Soup

Sweet potatoes and carrots both contain the antioxidant beta-carotene, which has anti-inflammatory effects, and freshly ground black pepper contains anti-inflammatory piperine.

What you will need:

- [ ] 250g chopped sweet potato
- [ ] 250g chopped carrots
- [ ] 350ml mild stock
- [ ] 100ml canned coconut milk
- [ ] 1 small clove of crushed garlic
- [ ] Freshly ground pepper

1. First of all, boil the chopped sweet potatoes and chopped carrots in the stock for about 15 minutes
2. Next, blend the sweet potatoes and carrots with the coconut milk, crushed garlic, and some freshly ground black pepper. Your soup is ready to serve and enjoy.

Eileen's Experience:

Get as many anti-inflammatory spices into your diet as you can – a pinch of turmeric, ginger, black pepper or cayenne adds flavour and supports anti-inflammatory processes in your body. Ginger goes well with the recipe above.