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# Creamy pea soup

## Ingrediënten

- 2 large onions
- 2 large cloves garlic
- Extra virgin coconut oil (Amanprana)
- 1-1½ l water
- 3 organic stock cubes
- 750 g bag of frozen peas (NOT a tin or jar)
- 1/3 of a celeriac or 1 parsnip
- 1 tsp ground rosemary
- or 1 tsp ground nettle
- pepper, salt, shoyu or Amanprana orac Botanico mix mild to taste
- 2 tsp ground ginger
- 1 egg or 1 tsp sour cream per portion of soup
- Olive oil (Verde Salud)
- sprouts for garnish (broccoli sprouts, alfalfa, garden cress or similar)

## Extra info

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### Recept geschikt voor:

4 personen

### Moeilijkheid:

### Vorbereidingstijd:

minuten

### Bereidingstijd:

30 minuten

### Totale bereiding:

30 minuten

## Gebruikte producten

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De **Amanprana producten** die gebruikt zijn bij het maken van creamy pea soup

## Bereiding

Fry off the onion and garlic in a little coconut oil. Then add the water with the dissolved stock cubes, the peas and the diced celeriac or parsnip and cook until tender. Add the herbs. Puree with a hand blender. Bring to the boil briefly and beat in a raw egg. Take the pan off the heat. Just before serving, mix in a little olive oil or a spoonful of coconut oil. If you have not added an egg to the soup, you can serve with a little sour cream. Garnish with sprouts.

## Speciale wensen

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- Vegetarian