

QUINOA - CASHEW - BUTERNUT CREAM - SOUP

Ingredients: Soup

1. 2 Butternut
2. 1 x Apple
3. 1 x Sweet potato
4. 1 x Onion
5. ½ cup Quinoa grain
6. 1 tsp Himalayan rock salt
7. 1 Tbsp of Caretino palm fruit oil
8. 1 tsp Cumin
9. 1 tsp Curry
10. 1 tsp Coriander
11. 3-4 cups Water
12. Cashew cream / Coconut milk / Cream fraîche

Ingredients: Cashew cream

1. ½ cup Cashew nuts
2. ½ cup water

Pre-soak (8 h) blend the cashews and water in a Personal Blender for approx 30 seconds.

Preparation:

1. With a stone mill set to fine, mill the Quinoa grain to fine flour.

Remember once a grain seed/berry has been rolled or milled, the inside nutritional parts are exposed to oxygen, the grain is literally dead, then the natural process of decomposition starts, nutrients will be lost and oxidized over time. Solution - only process (stone mill or roll) grains on demand. One can store grains for years under the ideal conditions and they will still be able to sprout.

2. Oil a pot with Caretino oil.
3. Sauté the onion and spices in a pot.
4. Add the butternut, sweet potato and apple and fry it for ± 3 min.
5. Add the water.
6. Add the milled quinoa flour. Stir occasionally & cook for ± 20 min.
7. Use the Bamix or similar hand-held blender to blend to a fine consistency.
8. Add freshly made cashew cream
9. Serve and enjoy!

Serves 6 people

Enjoy it &



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