

RECIPE

Chilled Beetroot, Apple, and Ginger Soup

🕒 15 minutes + 2 hours chilling / 4 servings

BEETROOT IS MORE THAN JUST ITS VIBRANT COLOR—it supports digestion, fights inflammation, and may even aid in lowering blood pressure. It's the star of this chilled soup, which also features apple and ginger for a touch of sweetness and yogurt to give it a perfect creamy consistency.

INGREDIENTS

- 18 oz vacuum-packed cooked beetroot, roughly chopped (reserve the juice in the packet)
- 1 small red onion, roughly chopped
- 1 medium apple, roughly chopped
- 17 oz water or coconut water
- Juice of half a lime
- 2 tsp finely grated ginger
- 1 tsp salt
- ½ tsp ground black pepper
- 2 tbsp black sesame seeds
- ¾ cup low-fat or full-fat unsweetened yogurt (such as Greek or coconut)
- 2 tbsp chopped fresh chives



INSTRUCTIONS

- 1 **ADD** beetroot to a blender along with the juice from the packet. Add onion, apple, water, lime juice, ginger, salt, and pepper and blend until completely smooth. Note: This may need to be done in two batches.
- 2 **REFRIGERATE** soup and chill until very cold, at least 2 hours.
- 3 **TOAST** black sesame seeds in a small dry pan over medium heat until they smell nutty, 2–3 minutes. Set aside.
- 4 **REMOVE** soup from the refrigerator and taste. Add more lime juice, ginger, salt, and pepper if needed. Add a splash of water if you'd like it thinner.
- 5 **SERVE** in small bowls with a dollop of yogurt stirred through. Top with sesame seeds, chives, and black pepper to taste.

NUTRITIONAL INFO PER SERVING

CALORIES

118

PROTEIN

5 g

FIBER

1 g

CALCIUM

100 mg