

LOW FODMAP

Creamy Roasted Vegetable Soup

Recipe Courtesy of Chardonée Donald, MS, CBHS, CHN, CNS, LDN



Ingredients:

- 4 medium carrots (peeled and chopped)
- ½ cup sweet potato (cubed or frozen)
- 1 small parsnip (peeled and chopped)
- 1 cup zucchini (peeled and chopped)
- 2 tbsp garlic-infused or shallot-infused olive oil
- Sea salt to taste
- 4 cups of warm low Fodmap vegetable broth (FODY) or water

Instructions:

1. Preheat oven to 400 degrees
2. Toss vegetables in olive oil and sea salt and spread on a cookie sheet.
3. Roast the vegetables for about 35-45 minutes, or until soft.
4. Place the vegetables in a bpa free blender or use an immersion blender and blend with the warmed broth. Reheat and serve warm.
5. *Optional:* Try adding a few tbsp of coconut cream for added creaminess.

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