

# RED BEET SOUP

## INGREDIENTS

¼ cup coconut oil, plus 2 tablespoons  
¼ cup Chickpea flour  
1 ½ lbs of beets, peeled and cut into half inch cubes.  
3 inch piece of fresh ginger, thinly sliced  
1 teaspoon red chili powder  
1 cup Coconut milk  
2 teaspoons sea salt  
1 teaspoon black mustard seeds

### For Garnish

Fresh herbs  
Slices of fresh coconut  
Pumpkin seeds  
Sesame Seeds

## INSTRUCTIONS

In a large saucepan, heat ¼ oil over medium high heat. Add chickpea flour, lower the heat to medium and cook, stirring often for about 5 minutes.

Add the beets, ginger, red chili powder, coconut milk, salt, and about 3 cups water and bring to a boil. Decrease the heat, cover and simmer for 15 to 20 minutes or until the beets are cooked. Turn off heat and let rest for 5 minutes.

Transfer soup to blender and blend until smooth.