

## Easy Creamy Béchamel Soup Base

for Cream of Mushroom / Broccoli / Tomato Soups

Prep time: 5 mins, Cook time: 10 mins, Serves: 8

### Ingredients for Béchamel

- 4 tbsp salted butter
- ¼ cup all-purpose flour
- 1 quart (4 cups) whole milk (warmed for faster thickening)
- 1 tsp salt (or to taste)
- pepper, to taste (optional)

### Directions

To make the Roux

1. Melt butter in a medium saucepan over medium heat. Whisk in the flour and cook for 1–2 minutes, stirring constantly, until the roux is bubbly and golden but not browned.
2. Add Milk: Gradually whisk in the warm milk in a slow, steady stream to avoid lumps.
3. Thicken: Continue to cook over medium heat, stirring frequently, until the sauce thickens and coats the back of a spoon (about 5–7 minutes).
4. Season: Remove from heat and stir in salt, white pepper, and nutmeg.

### Ingredients for soup stock: Mushroom — Broccoli — Tomato

#### A. Mushroom stock

- 1 tbsp oil
- 1 onion
- 2 garlic cloves
- 8 oz fresh mushrooms chopped
- 1 tbsp of rosemary
- 1 litre of vegetable bouillon

#### B. Broccoli stock

- 1 tbsp oil
- 1 onion
- 2 garlic cloves
- 2 cups of broccoli chopped
- 1 tsp of nutmeg
- 1 litre of vegetable bouillon

#### C. Tomato stock

- 1 tbsp oil
- 1 onion
- 2 garlic cloves
- 2-3 cups of tomato basil sauce “Classico style” (one jar 500-600 mL)
- 1-2 tbsp of dried basil or fresh basil to taste
- 1 litre of vegetable bouillon



### **Directions - Cream of Mushroom and Cream of Broccoli**

1. Dice up onion, garlic and mushrooms or broccoli. depending on your soup choice.
2. Add rosemary to the mushroom mixture and nutmeg to the broccoli.
3. Sauté at low/med heat in a large pot or dutch oven a few minutes only.
4. Add the vegetable bouillon (one litre) and bring to a simmer.
5. Cool and slowly combine the Mushroom or Broccoli stock with the Béchamel.
6. Rest 5 minutes et voilà!

### **Directions - Cream of Tomato**

1. Dice up onion, garlic and add the jar of tomato sauce.
2. Add basil to the mixture
3. Sauté at low/med heat in a large pot or dutch oven a few minutes only. Add the vegetable bouillon (one litre) and bring to a simmer.
4. Cool and **very slowly add the tomato stock to the béchamel** and mix thoroughly.
5. Rest 5 minutes and serve.

Garnish with fresh parsley, if desired. Serve and Enjoy!

## Curry Lentil Soup (serves 6)

**Nutrition Info:** 269 calories

**Prep Time:** 15 minutes

**Cook time:** 25 minutes

**Total time:** 40 minutes

### Ingredients:

- 2 tablespoons ghee (clarified butter),
- 1 onion, finely chopped
- 2 medium carrots, peeled and finely diced
- 1 rib celery, finely diced
- 2 cloves garlic, pressed through garlic press
- Salt to taste
- Pinch white/black pepper
- 2 teaspoons curry powder
- 1 teaspoon turmeric
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- 1 pound split red lentils
- 6 cups chicken stock, hot
- ½ (14 ounce) can coconut cream
- 1 tablespoon chopped parsley leaves or cilantro



### Directions

1. **Prepare ghee in advance (see below).**
2. Place a pot over medium-high heat, and add in the ghee; once hot, add in the onion, carrot and celery, and sauté for about 5-6 minutes, until slightly tender.
3. Add in the garlic, curry powder, turmeric, cumin, smoked paprika and black pepper, and stir to combine; once aromatic, add in the lentils and stir to blend, followed by the chicken stock.
4. Cover the soup and allow it to gently simmer for about 20 minutes, stirring occasionally, or until lentils are tender and soup is slightly thickened.

**To make ghee (clarified butter)**, slowly melt unsalted butter in a saucepan over low-medium heat, allowing the water to evaporate and milk solids to separate. Skim the foam from the top, then carefully pour the clear yellow fat into a container, leaving the milky residue at the bottom of the pan.

Curry, turmeric and cumin are popular spices, as they bring not only intense flavour but also contribute a lovely, earthy colour to a recipe. They provide inner warmth and comfort, and a sense of pleasure and well-being.

# SMOOTHIES GALORE

## Berry, Chia, and Mint Smoothie

### Ingredients

1 cup sliced strawberries  
1/2 cup raspberries  
1/2 cup grated beet (from 1 medium beet)  
1/3 cup mint leaves  
1 Tbsp. chia seeds  
1 cup unsweetened almond milk or soya milk

### **Directions**

- Step 1 Place berries, beet, mint, and chia seeds in resealable plastic bag or freezer-safe jar. Freeze overnight or longer.
- Step 2 When ready to prepare, add almond milk to blender, then add frozen ingredients. Blend until smooth. Serve in two tall glasses.

Nutrition per serving: 105 cal, 3 g pro, 17 g carb, 8 g fibre, 7 g sugars (0 g added sugars), 3.5 g fat (0.5 g sat fat), 0 mg chol, 115 mg sodium

## Tropical Chia Smoothie

### Ingredients

2 Tbsp. finely shredded unsweetened coconut  
2 ripe mangoes, peeled and cut into chunks (about 11 oz)  
2/3 cup frozen passion fruit pieces, thawed (we used Pitaya brand)  
1 cup cashew milk or milk of choice (almond, oat, soya) plus more for serving  
2 tsp. pure maple syrup  
1 tsp. pure vanilla extract  
1/8 tsp. salt  
2 Tbsp. chia seeds

### **Directions**

- Step 1 Heat oven or toaster oven to 350°F. Spread coconut on small parchment-lined baking sheet. Bake, tossing halfway through, until golden brown, 3 to 3 1/2 minutes. Let cool.
- Step 2 In blender, puree mangoes, passion fruit, milk, maple syrup, vanilla, and salt until smooth.
- Step 3 Place chia seeds in medium bowl and whisk in mango mixture. Refrigerate overnight.
- Step 4 Stir coconut into chia-mango mixture, adjusting consistency with more milk if necessary. Divide between glasses.

Nutrition per serving: 255 cal, 4 g pro, 43 g carb, 7 g fibre, 27.5 g sugars (4 g added sugars), 8 g fat (3.5 g sat fat), 0 mg chol, 207 mg sodium

### Nutritional Value Milk Choices (8 oz - 250 mL)

Type	Protein	Calcium*	Calories
Cow	8 g	300 mg	150-220
Soya	8 g	280-650* mg	100-150
Almond	1-2 g	300-480* mg	50
Oat	1-3 g	300-350* mg	300-350

\* fortified (not naturally found)

## **Stress Less Smoothie**

### Ingredients

1 1/2 cups plain full-fat kefir, chilled  
1/2 cup raspberries  
1 Tbsp. hemp seeds  
1 peach, pitted and sliced  
1/2 cup ice

### **Directions**

Step 1: In blender, puree kefir, raspberries, hemp seeds, peach, and ice until smooth, about 30 sec.

Nutrition per serving: 222 cal, 9 g pro, 29 g carb, 6 g fibre, 21 g sugars (0 g added sugars), 9 g fat (3 g sat fat), 18 mg chol, 54 mg sodium

## **Cranberry Banana Smoothie**

### Ingredients

1 cup frozen cranberries  
1 cup unsweetened almond milk  
1 banana  
1 Tbsp. maple syrup  
1/2 cup ice cubes

### **Directions**

Step 1: In a blender, puree cranberries, almond milk, banana, maple syrup, ice.

Nutrition per serving: 125 cal, 1 g pro, 27 g carb, 4 g fibre, 15.5 g sugars (6 g added sugars), 1.5 g fat (0 g sat fat), 0 mg chol, 90 mg sodium

## **Green Goddess Smoothie**

### Ingredients

1 cup baby spinach  
1 cup cucumber chunks  
1/2 avocado, halved, pitted, and peeled  
1 large kiwifruit, peeled and chopped  
1/2 cup frozen kefir or low-fat vanilla frozen yogurt  
1/2 cup fresh orange or tangerine juice  
1/4 cup mint leaves

### **Directions**

Blend all ingredients.

Nutrition per serving: 188 calories, 5 g protein, 29 g carb (6 g fiber), 7.5 g fat (1 g sat fat), 57 mg sodium