



## Parsnip, Leek and Apple Soup

This soup is PACKED with healthy ingredients, and is a delicious, vegetarian option that the whole family will enjoy. I recently brought samples of this soup to the OrangeTheory studio and everybody, including those who had never tried Parsnips before, LOVED it!



HealthyNow is dedicated to providing juice cleanses, wellness and performance juice packages to help you be healthier, and to support your workouts.

To order, call or text Christine at 647-210-0047 or email her at [Christine@HealthyNow.ca](mailto:Christine@HealthyNow.ca)

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You'll need:

- ¼ cup butter
- 3 leeks, white parts only, sliced
- 4 turnips or parsnips, peeled and cut into ½ inch pieces
- 900 mL carton vegetable broth
- 2 cups water
- 2 large yellow potatoes, cut into ½ inch pieces
- 2 gala apples, peeled and coarsely chopped
- ¼ cup chopped parsley
- 1 tsp fresh thyme leaves
- ½ cup 5% cream

To make it:

1. Melt butter in a heavy pot over medium, then
2. Add leeks and sauté until tender, about 5 min
3. Stir in parsnips and cook, 5 min
4. Add broth, water, potatoes, apples, parsley and thyme
5. Boil, then reduce heat to medium-low
6. Simmer, covered, stirring occasionally, until potatoes are tender, about 30 min
7. Preheat oven to 400F, then toss parsnip ribbons with oil
8. Arrange on a large baking sheet
9. Bake in centre of oven until golden and crispy, 10 to 14 min
10. Purée soup in batches in a blender, then return soup to pot and stir in cream
11. Season with fresh pepper

Enjoy!

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