

Red cabbage and apple soup with almonds

Help fight off the bugs this winter with this colourful, immune-boosting soup!

Ingredients

1 medium red cabbage, finely sliced and core removed
1 large red onion, finely sliced
1 cup of almond milk
2 cloves of garlic, sliced
1 tablespoon of olive oil
1 tablespoon of coconut oil
1 medium apple, peeled and diced
1 litre of boiling water
1 teaspoon of ground ginger
1 teaspoon of ground cinnamon
Sea salt
A handful of toasted flaked almonds, to serve.
CNM recommends the use of organic ingredients.



To make:

- Heat the olive oil in a large saucepan over a medium heat. Add the garlic and onion and gently fry until softened – around 4 minutes.
- Add the coconut oil to the saucepan and let it melt.
- Add the ground spices, cabbage and apple and fry gently for 10 minutes until the cabbage and apple start to soften. Stir regularly.
- Add the water to the pan with a good pinch of salt and simmer for a further 10 minutes until the cabbage and apple are cooked.
- Transfer the liquid and $\frac{3}{4}$ of the vegetable and apple mixture to a blender. Reserve the remaining vegetable and apple to one side.
- Blend to form a thick and smooth soup, season to taste.
- Return the blended soup to the saucepan over a gentle heat and stir through the almond milk until thoroughly warmed through.
- Serve in bowls and top with a heaped tablespoon of the cooked cabbage, onion and apple, and sprinkle with flaked almonds.

Recipe from the CNM Natural Chef Kitchen at CNM (College of Naturopathic Medicine).

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