



**Simply Mindful**  
CANBERRA MINDFULNESS CENTRE

*Simply delicious recipes from our Catering Angels*

## **Orange soup**

Recipe from Carmel

### **Ingredients**

Lots of jap pumpkin  
Lots of sweet potato  
Fresh garlic, crushed  
Juice of fresh oranges and grated zest to taste

### **Method**

1. Cut all the vegetables into pieces and place them and garlic into a pot and boil gently until soft.
2. Puree everything then add orange juice and zest to taste until you get the flavour you want.

Tastes good cool (but not cold) from the fridge on a warm day. Enjoy!