

Roasted Apple, Ginger, and Sweet Potato Soup

Yield: 12 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap onion for green part of green onions or chives

Ingredients

3 sweet potatoes, halved the long way
6 apples of your choice, halved and cored
3 oz olive oil
3 Tbsp coconut oil
1 Tbsp salt, kosher
3 small onions, small dice
6 ribs celery, small dice
4½ oz ginger, minced
12 cups water
Salt, kosher (to taste)

Directions

1. Preheat oven to 350°F.
2. Toss the sweet potatoes and apples in the olive oil (3 oz), and season with kosher salt.
3. Lay sweet potatoes and apples cut side down on a parchment-lined sheet tray. Roast in the oven for 30 minutes or until very soft on the inside.
4. Heat the coconut oil (3 Tbsp) in a medium saucepan. Add the onion, celery, ginger (4½ oz), and salt (1 Tbsp).
5. Sauté until soft and slightly browned.
6. When sweet potatoes and apples are done, scoop out the flesh and add it to the saucepan.
7. Add the water (12 cups). Purée with an immersion blender until smooth. Taste and adjust seasoning as needed.



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Nutrition Facts

Serving size 1 (14.8oz)

Amount Per Serving **421g**

Calories **186**

% Daily Value

Total Fat 10.8g **17%**

Saturated Fat 4g **20%**

Cholesterol 0mg **0%**

Sodium 623mg **26%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 1g **3%**

Vitamin A **95%**

Vitamin C **12%**

Calcium **5%**

Iron **3%**