

# Roasted Garlic & Zucchini Soup

Prep:  
5mins  
Cooking:  
30mins

*Recipe supplied by Niki Angelopoulos from Internal Alchemy.*

*This hearty soup is a great winter warmer. Try substituting different vegetables or adding vegetable stock for a richer flavour.*

**5 organic Zucchini**

**3 cloves organic Garlic**

**1 Onion**

**1 sprig fresh thyme**

**1 sprig fresh rosemary**

**Water**

**Celtic sea salt to taste**



**1.** Halve vegetables and place in oven. Roast at 350 degrees for 25 minutes until soft and cooked through.

**2.** Once cooked, place roasted zucchini, garlic and onion into blender or food processor. Process on high until smooth, adding water to create a thick soup consistency.

**3.** Add fresh herbs last and sea salt to taste.