**Roasted Parsnip Soup**

Aromatic, winter warmer roast parsnip soup is a warming, spicy and super nutritious soup.  The roasted parsnips give the soup a deep, sweet, earthy flavour.

The spices complement the parsnip beautifully as well as adding extra nutritional value to this easy to prepare soup.  Delicious with a small amount of stilton cheese crumbled onto the top of it. Serve with [homemade granary rolls](http://www.flourishtherapy.co.uk/homemade-granary-rolls/) and take your tasted-buds to taste-bud heaven!

For a vegan option, simply substitute the butter with coconut oil and omit the stilton cheese.

**Serves 4:**

Large knob of butter or coconut oil

700g parsnip, peeled and chopped

2 red onions, peeled and quartered

3 cloves of garlic, chopped chunky

½ tsp ground turmeric

1″ piece of grated ginger

1 tsp ground cumin

½ tsp mustard seeds

1 tsp ground coriander

Juice of half a lemon

1 litre of vegetable or chicken stock

Handful of fresh coriander

Salt and pepper to taste

Croutons and stilton (optional)

**Method:**

Preheat the oven to 180°C/350°F/ Gas 4.

In a large baking tray, melt the butter and sprinkle the spices into the melted butter before adding the chopped vegetables.  Make sure they are well coated in the spicy butter and roast, uncovered in the oven for approximately 35 minutes or until the parsnip is tender when pierced with a knife.

Remove from the oven and in a large bowl or mixer, combine the vegetables with the stock and blend until smooth.

Remove from heat, add the lemon juice, coriander leaves and season with salt and black pepper.  Serve up with homemade granary baps.