

# Super skin soup

Winter

I protect your eyes,  
and energise.



**Syd Sweet Potato**

I will keep you smart, I protect  
your brain, lungs and heart.



**Scot Squash**

I clean your blood and fight  
disease, make sure you cook  
with lots of these.



**Olly Onion**

I can help your eyes,  
see in dark night skies.



**Chris Carrot**

## What ingredients we are going to need

1 Butternut Squash (chopped)  
2 Sweet potatoes (chopped)  
2 Large onions (sliced)  
3 Large carrots (sliced)  
1tsp Cinnamon  
2 Litres Vegetable stock  
Coconut Oil

## It is so easy to do

Start by heating up the coconut oil add the onion and fry for 2 minutes. Then add the carrots, sweet potato and Butternut Squash. Place the Stock in and bring to the boil, add the cinnamon, cover and let it simmer for 45 mins. Blend until souper smooth.

## Why it is good for us

Squash contains many antioxidant vitamins so can boost your body's fight against infections and reduce your risk of disease. They can protect your skin, keep your eyesight sharp and the seeds (roast separately,) are a good source of protein and can actually help to boost your mood. The Onions are a natural antibacterial.

Carrots are important in the prevention of disease, are a powerful anti-oxidant food, anti-ageing and help protect the skin against sun-damage and wrinkles.

Sweet potatoes are a powerful disease fighter They are bursting with energy, some protein, vitamin C and E and a huge amount of carotenoids. They can protect your lungs and are great for your eyes and skin.

Cinnamon is known to be very beneficial in regulating blood sugar levels which helps to prevent type 2 diabetes.

Together these ingredients taste absolutely delicious in this comforting bright orange soup. It's a tonic for the skin and can help you to glow in the winter months.