

Almond Soup (Badam Soup)

A nourishing and filling soup for pregnant mothers.

Ingredients :

- 8-10 almonds soaked in warm water for 15 minutes
- 1/2 small potato boiled/sweet potato and mashed
- 1 medium onion chopped
- 1-2 cups vegetable stock
- 1 tsp pure A2 ghee
- 1/2 tsp grated ginger
- 2 tbsp pureed peas or finely chopped
- steamed broccoli stems
- 1 bay leaf
- a few mint leaves/coriander leaves
- 1/2 tsp white pepper powder
- 1-2 tbsp sattu powder (roasted chana powder)
- salt to taste

Method :

1. Heat the ghee in a heavy bottomed pan.
2. Add the bay leaf and immediately add the chopped onions, pureed peas / broccoli and grated ginger.
3. Sauté on low heat till soft and translucent.
4. Meanwhile, peel the soaked almonds and run through a blender with a little water to make a smooth paste.
5. Add the almond paste, salt, mashed potatoes, sattu powder and half the vegetable stock to the pan and bring to a boil.
6. Cook on low heat while stirring continuously.
7. Add extra stock as needed to make a creamy soup.
8. Season with salt and white pepper powder if required. Serve warm and garnish with mint leaves.
9. Relish and enjoy the creamy nutty soup with the extra boost of protein.

Note:

- Broccoli is a potent source of Vitamin A and folic acid. This helps the mother maintain strength during the fragile first and last trimester.
- Almonds are rich in good fats, vitamin E and protein
- Sattu serves as an energy booster, adds to protein requirement and rich in trace minerals.

