

---

# Carrot (Bunny Love) Soup

*Chef Marc Henri - Wildflower Natural Food Restaurant - Siesta Key, FL*  
*Sarasota's Chef Du Jour - 1992*

Servings: 4

**1 pound organic carrots**  
**1 rib celery**  
**1 small onion**  
**2 cloves garlic**  
**2 bay leaves**  
**1 tablespoon thyme**  
**8 ounces extra firm tofu**  
**1/2 cup cashew nut pieces**  
**honey**  
**Vegi Sal (vegetable salt seasoning)**  
**fresh dill (for garnish)**

Peel the carrots and cut the onions, celery and carrots into pieces.

Place the vegetables in a soup pot and cover with water (two inches above the vegetables).

Add the bay leaves, thyme and garlic. Bring to a boil. Reduce the heat. Cover and simmer until the carrots are soft. Remove the bay leaves.

Puree' in batches in a food processor or blender.

With the last batch, add the tofu and cashew. Puree' until smooth with no remaining lumps. Add the mixture to the soup.

Season with Vegi Sal.

Add honey to taste (the sweeter the carrots, the less honey you will need).

Garnish with fresh chopped dill.

**Soups, Chili, Stew**

---

*Per Serving (excluding unknown items): 17 Calories; trace Fat (6.4% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.*