

Coconut Curry Lentil Soup Mix



Coconut Curry Lentil Soup Mix is an absolutely scrumptious in-house blend; a recipe-in-a-jar. Organic Red and Green Lentils are combined with Organic shredded Coconut, Australian Bio Dynamic brown Rice and mild aromatic Spices, creating a delicious ready to cook meal. Suitable for vegans, this yummy, warming soup mix is GMO free and contains no artificial additives or preservatives. Everyone, young and old, will enjoy the ease of this ready to go mix and the satisfaction of a home-made soup. Just add water or stock and, before you know it, the delightful aroma of a steaming hotpot will be wafting from the kitchen. Handy to have in the pantry, this wonderful recipe mix also makes a great gift.

How to Use:

Simply add this Coconut Curry Lentil Soup Mix to 7 cups of water, or stock of your choice, in a large pot. Bring to the

boil, turn heat down and let soup simmer until lentils are soft (approx. 20 minutes).

To create a richer, creamier soup; add 1 cup of coconut cream or milk after soup has cooked. Any leftover soup can be returned to the jar and stored in the fridge for 1 to 2 days. This recipe-in-a-jar makes a great gift to introduce children to cooking, or for anyone who likes to cook.

Lovely in a hamper for new Mums (and Dads). Alternatively, re-fill the jar with your home-made Coconut Curry Lentil Soup, and deliver to a neighbour in need or a special friend. Makes 2 – 4 serves.

Ingredients:

Organic Red Split Lentils (29%), Organic Whole Green Lentils (29%), Bio Dynamic Rain-fed Medium Grain Brown Rice, Organic Long Thread Coconut (9.5%), Himalayan Pink Salt, Mild Curry Powder, Sweet Paprika, Cayenne Pepper.

Preservative Free, GMO Free.

Allergens:

No Known Allergens. **This product may contain traces of Allergens.**

Storage:

Store in a cool, dry place away from direct sunlight. Refrigeration recommended in warm climates.

Shelf Life:

Up to 3 months when stored as above. See Best Before date.

NUTRITION INFORMATION	
Serving size:	115 g

	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	1594 kJ	1386 kJ
Protein	19.8 g	17.2 g
Fat, total	7.92 g	6.89 g
– saturated	5.97 g	5.19 g
Carbohydrates	48.2 g	41.9 g
– sugars	3.04 g	2.64 g
Sodium	982 mg	854 mg