

# HEALTHY VEGAN

## *Soup Collection*

NOURISHING • RESTORATIVE • MADE WITH LOVE

### GOLDEN TURMERIC CAULIFLOWER SOUP

Creamy cauliflower, coconut milk, turmeric, ginger, and black pepper.

Per 100g: 80 kcal | Protein: 2g | Fat: 5g | Carbs: 7g

Description: Anti-inflammatory, velvety, and full of warmth — the golden glow in a bowl.

### GREEN DETOX BROCCOLI SOUP

Blended broccoli, zucchini, celery, spinach, and lemon-infused olive oil.

Per 100g: 65 kcal | Protein: 3g | Fat: 3g | Carbs: 6g

Description: Light, cleansing, and mineral-rich — a perfect midday refresh for body and mind.

### CARROT & GINGER CREAM SOUP

Roasted carrots, coconut milk, and fresh ginger with a hint of lime.

Per 100g: 75 kcal | Protein: 2g | Fat: 4g | Carbs: 8g

Description: Silky-smooth and gently spiced — balancing comfort with freshness.

### MEDITERRANEAN TOMATO & BASIL SOUP

Slow-roasted tomatoes, olive oil, garlic, and basil with a drizzle of balsamic.

Per 100g: 70 kcal | Protein: 2g | Fat: 3g | Carbs: 8g

Description: Bright and aromatic — a classic with a conscious twist.

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## **PUMPKIN LEMONGRASS COCONUT SOUP**

Pumpkin, lemongrass, galangal, and coconut milk with a touch of lime.

Per 100g: 85 kcal | Protein: 2g | Fat: 5g | Carbs: 9g

Description: Bali-inspired with Mediterranean smoothness — grounding and healing.

## **MUSHROOM THYME VELVET SOUP**

Sautéed mushrooms blended with cashew cream, garlic, and thyme.

Per 100g: 90 kcal | Protein: 3g | Fat: 6g | Carbs: 6g

Description: Earthy and creamy — a deeply satisfying bowl of umami comfort.

## **LENTIL & SPINACH HARMONY SOUP**

Green lentils simmered with spinach, tomato, cumin, and olive oil.

Per 100g: 100 kcal | Protein: 5g | Fat: 4g | Carbs: 10g

Description: Heartwarming and protein-rich — the essence of balance and nourishment.

## **SWEET POTATO & COCONUT FUSION SOUP**

Blended sweet potato, coconut milk, and a hint of cinnamon and chili.

Per 100g: 95 kcal | Protein: 2g | Fat: 5g | Carbs: 10g

Description: Creamy, tropical, and comforting — sweet meets savory in perfect flow.

## **ZUCCHINI BASIL CREAM SOUP**

Zucchini, cashew cream, basil, and a drizzle of olive oil.

Per 100g: 80 kcal | Protein: 3g | Fat: 5g | Carbs: 6g

Description: Light yet creamy — simple Mediterranean ingredients in perfect balance.

## **ROASTED RED PEPPER & LENTIL SOUP**

Roasted red bell peppers, lentils, smoked paprika, and garlic.

Per 100g: 95 kcal | Protein: 4g | Fat: 4g | Carbs: 9g

Description: Bold, smoky, and energizing — a soup that awakens the senses and nourishes deeply.