



Dahl Soup

Ingredients:

4 cups coconut water	1 tbsp. cumin
1 onion chopped	1.5 cups chopped tomato
2 tbsp. ginger	tbsp. garlic powder
1/3 cup fresh chopped cilantro	1 tsp turmeric
2 cups red lentils	¼ tsp cinnamon

Directions:

Sauté onions in a non-stick skillet. Put
Onion and rest of ingredients in a large
Soup pot and simmer for 20 minutes.

