



Ingredients

200 ml	Fresubin 2 kcal DRINK Neutral
6	carrots
500 ml	water
2 table- spoons	olive oil
2	spring onions
	salt, pepper, parsley

Nutritional information per serving:

Energy	222 kcal
Protein	7.2 g
Fat	9.3 g
Carbohydrate	27.2 g
Fibre	0.0 g



Alternative products:

Fresubin® Energy DRINK

Preparation

Peel the carrots and dice. Fry together with diced spring onions in 2 tablespoons of oil for a few minutes and add salt and pepper. Add water and cook for 20 minutes.

Add Fresubin 2 kcal DRINK Neutral and blend the soup.

Garnish with parsley.

TIP:

Fry 12 peeled shrimps in 2 tablespoons of oil for 5 minutes and season with salt and pepper. Add the shrimps to the soup!