



Zucchini + Coconut Mint Soup

This zucchini coconut mint soup is a light and refreshing Ayurvedic soup recipe that supports digestion while gently cooling the body.

Servings: 1-2

Preparation Time: 30 minutes

Ingredients

- 2 tsp **ghee** or **coconut oil**
- 1 tsp **cumin seeds**
- 1/2 tsp **ground coriander**
- 1/2 tsp fresh grated ginger (omit if you're very overheated)
- 1-2 medium zucchini, chopped
- 1/4 tsp **pink salt** (or to taste, omit if using broth with salt)
- 1/2-1 cup water or veg broth (enough to cook the zucchini)
- 1/2 cup **coconut milk**
- 1 tbsp chopped fresh mint (or 1/2 tsp **dried mint**)
- Optional: fresh coriander or a pinch of **cardamom**



Instructions

- Heat ghee in a pot. Add cumin seeds and let them pop.
- Add ginger and sauté until golden.

Zucchini + Coconut Mint Soup (Cont.)



Instructions (Cont.)

- Stir in chopped zucchini, coriander powder, and salt. Sauté 5–6 minutes until the zucchini almost browns.
- Pour in water/broth. Simmer until zucchini is soft (8–10 minutes).
- Turn off the heat. Add coconut milk, mint, and salt.
- Blend with a blender or immersion blender until smooth.
- Add fresh coriander or cardamom if desired. Serve just warm.

While cooling, this is excellent for all types during the hot summer months. If digestion is slow or irregular, add a little more ginger.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

