

Uses Our: Ginger / Thyme / Curry  
**Cream of Carrot Soup**



RECIPE OF  
 THE WEEK 4/8/2017

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**Cream of Carrot Soup**

This is a rich, smooth and creamy soup that is sure to please even the non-veggie eaters. Ginger and Curry spices add wonderful flavors to this soup and the herbs (thyme and chives) are perfect compliments to the carrots. Serve it as a meal, or as a first course to large elegant dinner. It is easy to make, healthy and will definitely make a memorable meal.

**INGREDIENTS:**

- |   |                                  |
|---|----------------------------------|
| 6 large , chopped carrots   | 1 1/2 tsp ground ginger          |
| 1 medium onion, chopped   | 1 tsp thyme                      |
| 2 celery stalks (with leaves), chopped                                    | 1 tsp curry                      |
| 1 cup butternut squash, chopped (Note: can also use 1 cup chopped potato) | 1/4 cup light cream              |
| 1/4 cup butter  | 1/2 cup light sour cream         |
| 3 cups chicken or vegetable broth   | Salt/pepper to taste             |
|   | Fresh chopped chives for garnish |

Melt butter in a large soup pot. Add the carrots, celery, and onion and sauté for about 3 minutes. Add the squash and sauté for an additional 2 minutes. Add the broth and spices, cover and simmer for about 30 minutes or until the vegetables are tender. Remove from the heat and let cool for 15 minutes. Using an immersion blender, food processor or hand mixer, blend the vegetables until smooth. Stir in the sour cream and light cream (add additional light cream if needed for the soup thinner. Add salt and pepper to taste. Serve the soup warm and garnish with chopped fresh chives.

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Uses Our: Pumpkin Pie Spice / True Cinnamon  
**Peanut Butter Banana Bread**



FEATURE  
 RECIPE 4/8/2017

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**Peanut Butter Banana Bread**

This recipe was adapted from one published by 'Cooking Light' (Aug 2010 publication). Here, bananas and peanut butter are combined together with True Cinnamon, and Pumpkin Pie Spice to create a delicious and healthy bread. Serve it as a snack or a breakfast treat (kid's love it). Either way, you have a wonderful, moist bread with flavors that go together just perfectly.

**MUFFIN INGREDIENTS:**

- |  |   |
|--|---|
| 3 medium mashed ripe bananas                                     | 1/2 cup brown sugar                     |
| 1/3 cup plain yogurt   | 1 1/2 cups all-purpose flour            |
| 3/4 cup creamy peanut butter (I use 'Jif Natural' peanut butter) | 1/4 cup ground flaxseed meal            |
| 1 tsp vanilla extract  | 3/4 tsp baking soda                     |
| 3 Tblspn melted butter   | 1/2 tsp salt                            |
| 2 eggs   | 1/2 tsp True Cinnamon                   |
| 1/2 cup granulated white sugar                                   | 3/4 tsp Pumpkin Pie Spice               |
|  | 1/2 cup mini chocolate chips (optional) |

1. Preheat oven to 350 degrees. Spray loaf pan (regular size or mini loaf tins) with cooking spray.
2. Combine the first 6 ingredients in a large bowl and mix well. Add the sugars and beat with a mixer until blended.
3. Combine the flour and the next 5 ingredients in a small bowl. Add the flour mixture to the banana mixture and beat until blended.
4. Stir in the chocolate chips.
5. Bake for 1 1/2 hours (for the regular size loaf pan) or about 40 minutes for the mini loaf pans or until a knife inserted into the middle of the loaf comes out clean. Cool on a rack.