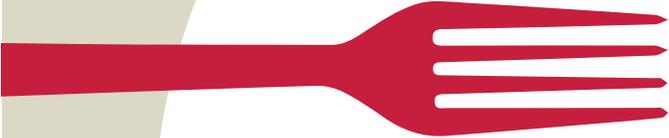


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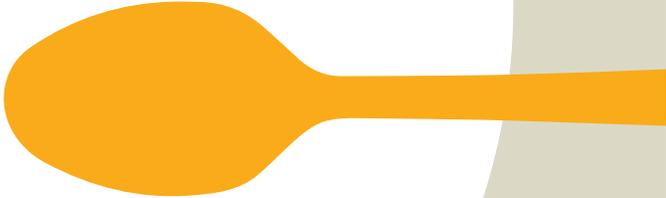
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RECIPE

### Carrot Ginger Vegetarian Protein Soup

3 Tbsp olive oil	½ cup red lentils
4 onions, peeled and chopped	2 cup orange juice
6 carrots, peeled and chopped	1 Tbsp grated frozen ginger
1 can coconut milk (398 ml)	Sprinkled sea salt to taste
½ cup long grain white rice	Fresh cilantro leaves to garnish

Place a large pot over medium-high heat and add oil. Add the onions and sauté until they are golden brown and soft. Add the carrots, coconut milk, rice, lentils and orange juice. Bring to a simmer and continue cooking until the rice and lentils are tender. Add the ginger and salt. Puree with an immersion blender, stand blender or food processor. You may also serve 'as is'. Garnish with cilantro leaves.



TERMS: \*Offer expires October 17, 2015. Must not have been a Novus subscriber for the past 60 days. Promotional prices are in effect for 12 months. HDPVR rental included for the first 12 months. \$9.95 rental fee applies after the 12 month promotion. Applicable taxes apply. Account must remain in good standing. Pricing subject to change. A credit card is required to secure hardware rental. Must be a Novus Internet subscriber for Digital Phone Service.