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Soupologie is the UK 's favourite superfood, vegan and free-from soup collection. Dive in and explore our rainbow of flavours! We believe that consuming healthy, plant-based soups will help you feel and look good inside and out, and we have worked hard to create the very best blend of seasonal ingredients that harness goodness without compromising on taste.

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Recipes are plant-based and gluten-free, so can be enjoyed by everyone, but serving suggestions add in other delicious 'soupolo-twists' so you can adapt things to your own taste. The book is fully photographed by award-winning food photographer Jean Cazals.  
Length: 253 pages ...

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With the added benefit that all of our soups are plant-based, gluten-free, with no added sugar and low in salt! Every pot of our Ancient Grains soup contains: Borlotti Beans, Carrots, Onions, Leeks, Water, Tomato Puree, Oil, Vegetable Stock, Millet, Golden Flaxseed, Amaranth, Salt, Parsley, Nutmeg and Black Pepper.

## Soupologie Profiling - Ancient Grains | Soupologie

Soupologie is the UK's first free-from soup company. All our soups are plant-based, and free from gluten, dairy, added sugars, cornflour and preservatives.

## About us - Soupologie | Souper soups | Gluten-free, vegan ...

Soupologie: Plant-based, gluten-free soups to heal, cleanse and energise Stephen Argent. 4.5 out of 5 stars 26. Hardcover. £ 9.62.  
The Soup Book: 200 Recipes, Season by Season DK. 4.5 out of 5 stars 123. Hardcover. £ 12.00.

## Soupologie 5 a day Soups: Your 5 a day in one bowl: Amazon ...

Mix together so that all the garlic cloves are well covered in oil. Tightly seal the bowl with silver foil and roast for 40 – 45 minutes. Allow to cool, then squeeze out the flesh from each clove, discarding the skins. To make the soup: caramelize the onion (see page 34) in the oil until golden brown.

## Roasted Garlic Soup - The Happy Foodie

BPA free. Plant based. Dairy & gluten free. No added sugar. Low salt. Contains no genetically modified material. Vegan. A deliciously mellow & wholesome soup - with all of your 5-a-day In your hands right now, you're holding something very special, unlike anything you've had before. In this pot is a genuine super soup.

## Soupologie 5 a Day Green Collection | Waitrose & Partners

Nothing beats a fudgy, gooey brownie when you need some comfort food. Using a handful of ingredients, this recipe is dairy and egg-free,

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while also being dense with bits of melty semi-sweet chocolate..

Each bite of these brownies celebrates their crisp chocolatey outer layer, the chewy edges and the rich, moist centre. Gluten-free substitutes work just as well in this recipe so everyone can ...

Vegan Brownies | Free From | Soupologie

Recipes are plant-based and gluten-free, so can be enjoyed by everyone, but serving suggestions will add in other delicious 'soupolo-twists' so you can adapt things to your own taste. Soup is the natural follow-on from juicing and is so much more achievable: soup can be served as a meal, unlike a juice.

SOUPOLOGIE: PLANT-BASED, GLUTEN-FREE SOU

Shop for Soupologie: Plant-based, gluten-free soups to heal, cleanse and energise from WHSmith. Thousands of products are available to collect from store or if your order's over £ 20 we'll deliver for free.

Soupologie: Plant-based, gluten-free soups to heal ...

Instructions. Caramelize the onion in the oil. Add the leek, celeriac, potato, garlic and celery. Cook, partially covered, on a medium heat, stirring occasionally, for around 20 minutes, until the vegetables are tender and starting to soften. Add the vegetable stock and bring to the boil.

Celeriac and Walnut Soup - The Happy Foodie

Sweet Potato Soup with Pistachio, Orange and Mint Pesto. Give your usual sweet potato soup an upgrade with this delicious recipe complete with a refreshing mint pesto. This healthy soup is perfect for lunch or a light supper. From the book Soupologie: Plant-based, gluten-free soups to heal, cleanse and energise. By Stephen Argent.

Sweet Potato Soup with Pistachio, Orange and Mint Pesto ...

Caramelize the onion in the oil for 5-10 minutes. Add the

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cauliflower and lemon zest to the onion. Cook on a medium to low heat for another 2-3 minutes. Add the wholegrain mustard, followed by the vegetable stock and bring to the boil.

Cauliflower & Mustard Seed Soup Recipe (pla... - Healthy ...  
Nourish, cleanse, energise and boost your immune system with the ultimate healthy soup guide from Soupologie. As well as 50 delicious plant-based soup recipes there are 3 different cleanse plans to help you achieve optimum health. This is much more than a book of delicious plant-based soup recipes.

Soupologie by Stephen Argent - Penguin Books Australia  
Soupologie | Soup With Benefits! Super plant-based soups. Dairy-free, gluten-free, no added sugar. Super veggies at their very best!

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