



Total Time
0 MIN.

Serving Size

Difficulty
MEDIUM

Chilled soup gets a Middle Eastern touch with this spicy topper.

Yields
8

INSTRUCTIONS

1. Thaw Carrot, Parsnip Bisque with Ginger according to package directions.
2. Mix together parsley, mint, half of the olive oil, lemon juice and salt.
3. Toss together almonds, sesame seeds, cumin, coriander and hot pepper flakes with remaining olive oil.
4. Divide soup evenly among 8 bowls. Top with parsley-mint mixture and sprinkle with almond mixture. Top each bowl with dollop of yogurt.

Nutrition Facts

Serving Size

Amount Per Serving

Calories 260

% Daily Value

Total Fat 16g **25%**

Saturated Fat g **0%**

Cholesterol mg **0%**

Sodium 880mg **37%**

Total Carbohydrate 24g **8%**

Dietary Fiber 5g **20%**

Protein 4g **8%**

Vitamin A % Vitamin C %

Calcium 10% Iron %