

Corn and Sweet Potato Chowder –Serves 4. Preparation time: 30 minutes

by Joe Lucier Inspired from a different recipe at www.SpaFinder.com

Ingredients:

- 2 c sweet potato, peeled
- 1 whole avocado
- 1 T Miso Tamari
- 1 small knob ginger (finely chopped), about 2 inches square, start off with half
- 1/2 c leek or 1/4 cscallions
- 1 dash Celtic sea salt to taste
- 1 dash cayenne or black pepper
- 1 c water
- 2 c fresh corn

Directions:

1. Peel, wash, and chop the sweet potato and onions.
2. Place all the ingredients except the corn in a blender and blend until the texture is smooth.
3. Taste and adjust the seasoning if necessary. I like a good ginger flavor.
4. Remove from blender and put in a bowl with the corn