

Corn Chowder

Yield: approx. 3-4 cups

Ingredients:

- 4 cups corn kernels, approx. 4 ears (save some for chunks in soup if desired) *
- 2 cups almond milk*
- 1 teaspoon cumin
- 2 teaspoons minced onion
- 2 teaspoons white miso
- 1 Tablespoon nutritional yeast
- ½ teaspoon salt

- 1 avocado (add last)

Directions:

In a high-speed blender add corn, almond milk, cumin, onion, miso, nutritional yeast and salt. Blend until smooth and creamy. Add avocado and blend again (this will make it more creamy and add thickness)

* Notes:

Corn - One 16 oz package of Trader Joes Sweet Corn is almost 4 cups. I use 1 ½ packages as I save some out for pulsing into the blender at the end to make the soup chunky and for garnish.

Almond Milk - when initially making almond milk, remember not to add vanilla, cinnamon or dates to sweeten it (like you might do for a breakfast milk). This is a soup base so it should not be sweetened.

You can add hot water to warm or thin soup.

Ideas for Garnish:

- Corn Kernels
- Sunflower Seeds
- Cherry Tomatoes
- Chopped mushrooms
- Chopped Avocado
- Chopped Red Peppers