

**Sweet Potato Soup**

3 -4 organic Sweet Potatoes, cooked and de-skinned.

1 1/2 – 2 cups of coconut milk\* or 12 – 16 oz Chicken broth or stock

Salt and pepper to taste

½ tsp of turmeric

¼ inch cube of fresh ginger (be careful, start small and add if needed)

Add sweet potatoes, 1 cup of coconut milk and spices to a Vitamix blender or hand mix in a cooking pot until well blended. Add more coconut milk to get the consistency you like in the soup. Heat on stovetop to desired temperature.

A great sprinkle topping is nutritional yeast – adds a little protein and a mild flavor. A swirl of coconut cream or a swirl of a toothpick that has been dipped in Young Living Black Pepper Oil

\*For days 1-7, I like to use Trader Joe’s Turmeric Ginger Coconut Beverage. It has a little honey in it that makes the soup a little sweeter. You find it on the store shelf, it is not a refrigerated item.