

## Raw Sweet Corn and Celery Soup

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This is a thick and creamy soup prepared with fresh local ears of young sweet corn, celery, carrots and young coconut water, topped with diced cherry tomatoes and Italian parsley with a sprinkle of fresh crushed black pepper. Its natural sweet taste and creamy-chewy texture is just like the one of a country corn soup.

**Serves about 2 people**

### **Soup Ingredients:**

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- **2 cups fresh sweet corn kernels**
- **2.5 cups tender coconut water, not the meat**
- **½ Tsp olive oil**
- **2 Tsp fresh thyme, finely chopped**
- **1 small carrot, diced**
- **2 cloves garlic, finely grated**
- **1 stalk celery, chopped**

- **1/3 yellow onion, chopped**
- **Pink Himalayan sea salt to taste**

## **Method:**

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**Step 1:** Blend all the ingredients in a blender except the corn until semi smooth.

**Step 2:** Add the corn to the blender and pulse for 5 seconds. Cover and set aside at room temperature to mature for 10 – 20 minutes.

**Step 3:** Pour soup into bowls and garnish with cherry tomatoes, parsley and pepper... mmm....

## **Cool tips and facts:**

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- Approximately 4 corn cobs give 2 cups of kernels. Remove the husk and silk from the cobs. Place it on a work bench vertically. Hold it tightly on the top, and with a sharp knife, separate the kernels from top to bottom.
- You can also add a dash of lime.
- Fresh sweet corn kernels are sweet, juicy and a good source of B- group vitamins and vitamin C.
- Coconut water is a natural, refreshing drink from tender coconuts. It is mildly sweet and full of useful electrolytes and vitamins, better than any commercial electrolyte drinks. It is also completely sterile if it is directly from the freshly opened coconuts.
- Carrots are crisp, crunchy and sweet. They are also a rich source of vitamin A.
- Onion, garlic, thyme, parsley are good sources of essential oils, phytonutrients, flavonoids, and when consumed regularly have beneficial health effects.
- Fresh tomatoes are juicy, sweetish-sour and good source of vitamin C and a phytochemical called lycopene, which also has antioxidant properties. Regular consumption of raw tomatoes results in clear, healthy radiant skin.
- Good source of dietary fiber. Aside from promoting healthy bowel function, it can also reduce the absorption of cholesterol, and regulate the blood glucose and cholesterol levels.

## **Nutritional Information:**

Each serving of this delicious soup provides the following nutrients:

Calories: 13% (260 Cal); Total Fats: 7%; Saturated Fats: 5%; Carbohydrates: 16%; Proteins: 17%; Fiber: 39%; Magnesium: 38%; Potassium: 43%; Manganese: 42%; Vitamin A: 106%; Vitamin C: 47%; Vitamin K: 22%; Vitamin B1: 23%; Vitamin B2: 14%; Vitamin B3: 16%; Folic acid: 30%.

