

Cream of Sweet Corn Soup

Effect on Doshas: Balancing to all 3 doshas *

Sublimely delicate and sweet, this simple soup highlights one of summer's best gifts from the garden or farm. Serves four.



Ingredients:

2 ears of fresh sweet corn, kernels cut off
2 cups vegetable stock
1 cup filtered water
3 tablespoons organic cream *or* 2 teaspoons organic unsalted butter
1 tablespoon chopped fresh marjoram *or* 1 teaspoon dried marjoram
Salt
Freshly ground black pepper
Toasted shelled pumpkin seeds *or* toasted slivered almonds, for garnish

In a medium saucepan over low heat, cook the corn kernels in the vegetable stock until tender, about 5 minutes.

Working in batches if necessary, put the corn and its cooking liquid in a blender or food processor fitted with a stainless-steel blade. Add the cream and marjoram and pulse until smooth. Season to taste with salt and pepper.

Serve immediately, ladling the soup into heated bowls and garnishing each serving with pumpkin seeds or almonds.

Note: For dairy-free, substitute coconut cream for the cream or butter.

*This recipe has a positive effect on all three doshas - vata, pitta, and kapha. For more information about the doshas, please visit the Shanti Ayurveda website at www.ShantiAyurveda.com.

Source: "Eat, Taste, Heal" by Thomas Yarema, MD