



## Sweet Potato and Ginger Soup

Ginger is spicy, pungent and full of flavour. This root comes deep from nature and is traditionally known for its amazing gastro relief properties, but the health benefits go far beyond that. Ginger is a known antioxidant and anti-inflammatory as well, and has been known to strongly decrease your chances of cancer. Try this soup for a sweet and spicy way to include this powerful root into your diet.

### Ingredients

- 2 tbsp. coconut oil
- 2 red onions, sliced
- 2 tbsp. fresh root ginger, grated
- 2 large sweet potatoes, peeled and diced
- 1½ litres chicken stock or water
- ¾ cup of almond or coconut milk
- 1 tbsp. Bragg's All Purpose Seasoning
- 1 tbsp. 100% maple syrup
- Juice of ½ lime

### Directions

- Melt the butter in a large pan and sweat the onions until they're starting to soften.
- Add the ginger and cook until aromatic. Add the potato and stir until it becomes slightly shiny.
- Add the stock or water. Cook for 30 minutes, or until you can mash the potatoes easily against the side of the pan.
- Blend in the pan using a hand-held blender, or move to a big blender until you get a nice smooth consistency.
- Stir in the milk, Bragg's All Purpose Seasoning and maple syrup and squeeze in the lime juice. Season to taste.
- Garnish this beauty with some pumpkin seeds to add in that little bit of protein!

Enjoy!