

Raw Corn Chowder

One of my favourites at Rawlicious.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Soups

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Raw



Ingredients

Almond milk, home made	2.5 cup
Corn (sweet, yellow, raw)	4 cup
Water	1 cup
Olive oil	0.25 cup
Avocado, black skin (hass)	1 each
Garlic, fresh	1 clove
Jalapeno peppers, raw	1 teaspoon
Salt, sea salt	1 teaspoon
Nutritional yeast seasoning	2 x 1 tbsp

Instructions

For the corn use fresh corn kernels. Alternatively, use frozen and thawed, though they may not be completely raw.

1. Place all the ingredients in a blender (finely dicing the jalapeno), except the nutritional yeast and blend until smooth.
2. Warm the soup using a rice cooker set on warm, or a dehydrator, or the stove over low heat - just until warm. If soup temperature is kept under 118 F it will preserve the enzymes.
3. Garnish with nutritional yeast and a sprinkle of rawitch spice mix if you have it (see marie's raw celery soup recipe for rawitch spice recipe).