



### Ingredients

- 2 Tbsp extra virgin olive oil
- 1 onion chopped
- 2 cloves garlic, crushed
- 3 sweet potatoes, diced
- 3 carrots, sliced
- 4 cups water
- 1-2 tsp curry powder
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp ground ginger
- 1 tsp unrefined sea salt
- 1 cup coconut milk\*
- Opt: 1 apple, sliced
- Opt: 1 parsnip, sliced

## Curried Sweet Potato Soup

From *Everyday Wholesome Soup* by Kim Wilson

### Directions

1. Sauté onions in oil until tender and then add garlic for just a minute.
  2. Add the rest of the ingredients, bring to a boil and then simmer for about half an hour.
  3. Puree when done.
- \*or non-dairy milk.



## Sun-Dried Tomato Crackers

Serves 12 to 14, From *Rhonda's Culinary Creations*

### Ingredients

- 3 cups walnuts, soaked overnight and drained
- 5 cups zucchini, diced
- 1 cup sun-dried tomatoes, soaked 2 hours
- 3/4 cup hemp seeds, ground
- 1/3 cup Meyer lemon juice, freshly extracted
- 2 cups pecans, soaked overnight and drained
- 1 red bell pepper, quartered, seeded
- 1/2 cup flaxseeds, ground
- 1/3 cup nutritional yeast
- 2 tsp unrefined sea salt
- 1/2 cup distilled water

### Directions

1. Place walnuts and pecans in a food processor with an S-blade and process to a fine texture. Place in a large bowl and set aside.
2. Put the zucchini, tomatoes, and red pepper in food processor with the S-blade and pulverize to a pulp.
3. Combine zucchini mixture and nuts in a bowl.
4. Add flaxseeds, hemp seeds, lemon juice, yeast, and salt and stir to combine.
5. Slowly add distilled water until a sticky dough forms.
6. Using a spatula, spread the dough thinly (about 1/8-inch) onto a dehydrator tray lined with a Teflex sheet and dehydrate at 105°F for about 6 hours. Remove tray from dehydrator.
7. With a plastic knife or the dull edge of a knife, gently score dough into squares (a sharp knife will damage the Teflex sheet).
8. Return to dehydrator and continue to dry for an additional 6 hours.
9. Remove from dehydrator and place a second tray, with a screen in place, on top. Gripping the sides securely, flip the crackers onto the screen. Gently remove the solid sheet.
10. Break crackers where scored and return to the dehydrator and dry until crisp, about 14 hours. Crackers may be stored in an airtight container for 1 to 2 weeks.