



“As a personal chef I am always looking for foods that promote wellness and I enjoy making delicious dishes for my clients and myself. Our eyes are so important and by adding just a few delicious and nutritious foods to our diet we can help to enhance our eye health.”

—Chef Kate McAloon

SWEET POTATO AND CARROT SOUP

INGREDIENTS:

- 2 cups carrots (peeled and cut into 1 in. cubes)
- 3 cups sweet potatoes or yams (peeled and cut into 1 in. cubes)
- 4 cups of milk
- 1 cup fresh squeezed orange juice (or from concentrate)
- 2 tbsp. frozen orange juice (concentrate)
- 1 tbsp. orange zest
- 3 tbsp. brown sugar... or honey
- 1 1/2 tsp. salt... or to taste
- pepper...to taste

COOKING INSTRUCTIONS:

Put sweet potatoes and carrots in a medium size soup pot... cover with water and bring to a boil, then reduce the heat and simmer until tender... about 15 to 20 minutes. Drain and cool. Fill a blender about 1/2 full with the sweet potatoes and carrots... add some of the milk and orange juice... all the zest, OJ concentrate, brown sugar, salt and pepper. (You will need to blend the soup in 2 to 3 batches using enough milk and orange juice so your blender runs smoothly... if it is too thick add more liquid) Blend all the ingredients well then you can either reheat or chill the soup. It is great hot or cold.

*You can also add 1/4 teaspoon cinnamon if you like.

*Yields 4 to 6 servings and will keep in the fridge for up to 3 days.

**For enhanced eye health, serve alongside a spinach salad with almonds, a sprinkle of wheat germ, hard-boiled eggs, bacon and your favorite dressing, preferably made with Safflower oil.

