Brendan Brazier
Thrive Foods

Leseprobe

Thrive Foods
von Brendan Brazier
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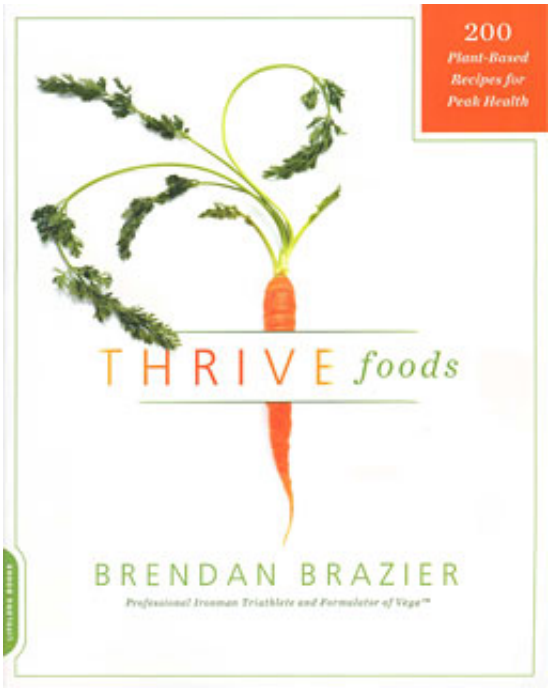

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Young Coconut Soup

Delicately seasoned. Add more jalapeño or ginger for a spicier taste.

Time: 10 minutes • Makes 2–4 servings (4 cups)

2 cups young coconut meat (about 2–4 young coconuts)
2 cups young coconut water
4 dice-sized cubes of peeled fresh ginger
2 tsp fresh lime juice
1 tsp yacon syrup
1 jalapeño pepper, de-seeded
¼ tsp sea salt

- Combine all ingredients in a blender and blend until smooth and creamy. Serve chilled or at room temperature.

Fresh and Creamy Tomato Basil Soup

This soup is best when made during the peak tomato season—summer—for maximum flavor. If tomatoes are not in their prime or simply not sweet enough, add a touch more yacon syrup to balance the acidity.

Time: 10 minutes active; 1–2 hours presoak; 30 minutes to chill • Makes 2 ½ cups

3 medium tomatoes
½ cup raw cashews, presoaked in water (1–2 hours)
1 ½ tbsp yacon syrup
2 tbsp olive oil
1 ½ tbsp grated white onion
¼ cup shredded fresh basil + extra for garnish
¼ + ⅛ tsp sea salt
Fresh black pepper to taste

- Cut the tomatoes in half. Remove and discard all the seeds, then coarsely chop the remaining tomato and place in blender.
- Drain the cashews, reserving ½ cup water, and place in a blender.
- Combine all remaining ingredients in a blender, including the reserved soak water, and blend until smooth and creamy. If necessary, add more water to achieve desired texture.
- Allow soup to chill in refrigerator for 30 minutes or longer before serving.

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Young Coconut Soup (page 175)

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Chocolate Chip–Maple Maca Ice Cream

If you have an ice cream maker, feel free to put it to use for a fluffier texture.

Time: 10 minutes active; 6–8 hours to freeze • Makes about 1 pint

1 cup cashews
1 cup water
½ banana
¼ cup maple syrup
2 tbsp gelatinized maca powder
Pinch sea salt
1 tsp vanilla extract
⅓ cup chopped dark chocolate

- Blend all ingredients—except the chopped dark chocolate—in a blender until completely smooth. Transfer to a bowl or Tupperware container and freeze for 30 minutes.
- Mix in dark chocolate chunks into the cold ice cream, then continue freezing, covered, until frozen through—about 6–8 hours.
- Let defrost for 5 minutes to soften before serving.

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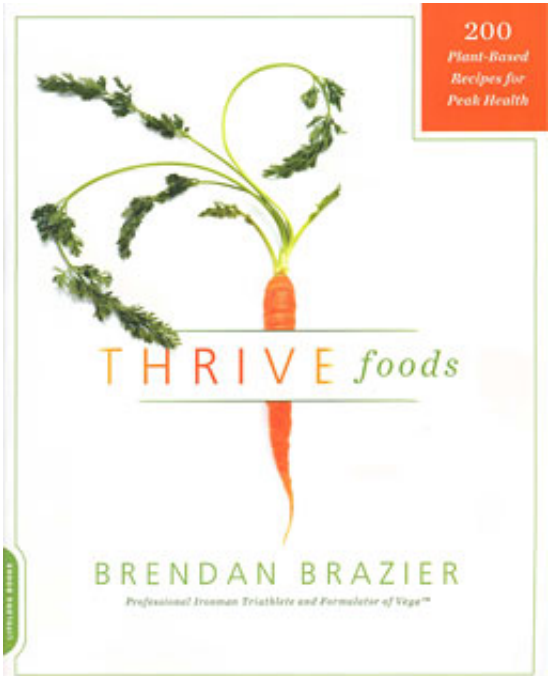

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