

## Sweet Potato Bisque

Adapted from Better Than Vegan by Del Sroufe

SERVES 6

I used to go to a Caribbean-inspired restaurant with the most amazing soups, full of flavor. Many of the soups were puréed and I liked to eat them with a loaf of the restaurant's homemade bread. I still like puréed soups but usually eat them over brown rice or some other grain for a healthier meal.

### Ingredients:

3 large sweet potatoes (about 2 1/2 pounds)

4 cups broth made from Wellness Forum Health's Certainly Not Chicken Broth

1/2 cup maple syrup, more to taste

Zest of 1 orange

Juice of 2 oranges

1 teaspoon allspice

1 teaspoon ground ginger

Cayenne pepper to taste

3/4 cup unsweetened almond milk

Sea salt to taste

### Directions:

- Peel, cube, and steam the sweet potatoes until very tender, about 12 minutes.
- Purée the potatoes with the vegetable broth until smooth and creamy.
- Add the purée to a pot with the date syrup, orange zest and juice, allspice, ginger, and cayenne pepper.
- Bring the pot to a simmer and let it cook for 15 minutes.
- Add the almond milk and salt to taste.
- Chill until ready to serve, about 2 hours.