



CHEESY CORN CHOWDER

Adapted by Linda Roderigues (TESTED, ONE OF MY FAVORITES)
Recipe for one serving

1 cup corn kernels [fresh or frozen, thawed]
1 clove garlic
1 Tbsp onion
1/4 cup cashews
4 baby carrots (or 1 regular one)
1/4" ring of red pepper
2 Tbsp olive oil
1/2 - 1 tsp ground flax seed (depending how thick you wish chowder to get)
1 tsp cumin
1/8 tsp nutmeg
1 Tbsp parsley
1/2 tsp salt
grind pepper to taste
2 c warm water

blend in hi speed blender till very creamy

Stir in :

1/4 c more corn kernels
1 T parsley

Topping
Fresh Ground Pepper

Bowl up and garnish with additional minced parsley & fresh ground pepper
enjoy!
