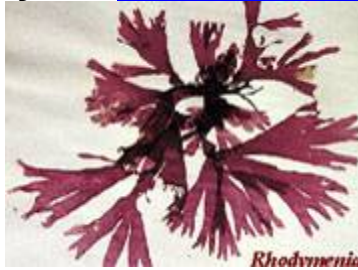


DULSE CHOWDER

By Nina Lynn, nina@totalfitness.net



Ingredients: 1 medium organic onion, chopped
2 tbs. coconut oil
1 large organic potato, chunked
1 1/2 cups dried dulse
1/2 tsp. kelp granules, or 1 small piece of kelp
1/2 cup organic carrots, chopped
1/4 cup organic parsnips, chopped
1 1/2 -2 cups water
2 tsp. arrowroot starch
1/2 cup cashew meal
1-2 tsp. barley miso

Directions: Saute onion in coconut oil, then add potato, kelp, carrot and parsnip and saute for another 5 minutes. Add water, bring to a boil, and simmer for 15 to 20 minutes. Dissolve arrowroot and cashew meal in 1/2 cup cold water, stir into soup and simmer until thick. Dissolve miso in some soup broth, stir into the soup and serve.

Ounce for ounce, sea vegetables are higher in vitamins and minerals than any other food source. Dulse is particularly high in potassium, phosphorus, manganese and - most importantly for the thyroid - iodine. Sea vegetables are alkalizing to the system, which helps bring many people to a healthy balance.