

# SHARE SOME HOLIDAY HAPPINESS. GIVE HOLIDAY ENTERTAINING A NEW TWIST.

**KELLY KRISHNA DUNN**

To make your party a success.  
How to whip up your best  
Thanksgiving.

## Cardamom Sweet Potato Soup

The sweet flesh of many fruits is "deliberately" appealing to animals, so that the seeds held within are eaten and "unwittingly" carried away and deposited (i.e., defecated) at a distance from the parent

### Ingredients

3 green cardamom pods  
1 onion  
600g sweet potato  
4 cm piece of ginger  
2 cloves of garlic  
2 tablespoons groundnut oil  
1 x 400 ml flow-fat coconut milk  
800 ml organic vegetable stock  
1 lemon

### Directions:

Shake cardamom pods and shake out the seeds, then roughly crush them with a pestle and mortar. Peel and chop the onion and sweet potato, peel and finely grate the ginger, then peel and crush the garlic. Heat the oil in a large pan over a low heat. Add the onion and a small pinch of sea salt and cook for 10 minutes, or until soft and sweet, stirring often. Stir in the sweet potato, ginger, garlic and crushed cardamom seeds. Cook for 2 minutes, before adding the coconut milk. Let it simmer for 1 to 2 minutes, then stir in the stock. Cover with a lid, and leave to simmer gently for 15 minutes. Liquidize the soup with a stick blender until smooth, then season to taste with a pinch of salt and black pepper and a squeeze of lemon juice. Delightful soup in color and flavor!



CARDAMOM  
SWEET  
POTATO  
SOUP

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# HEALTHY FOR THE HOLIDAYS

BY KELLY KRISHNA DUNN



This holiday season you can add a healthy twist to classic comfort and finger foods. Finger Food, spreads, and tasty dips are perfect for entertaining a crowd and this year you can serve the crowd-healthy pleasing finger food before the Thanksgiving dinner.

Go crazy with the right veggies! Put colorful vegetables together in dishes and use herbs, spices, onions and garlic to flavor them with fewer calories-try cooked carrots and cumin or Brussels sprouts with garlic.



Raw Sea Salted Beet Chips make a healthy alternative to snack to the party. These simple to make beet chips are crispy, salty and crunchy, so perfect, before Thanksgiving dinner. Another perk of these chips? Beets are extremely healthy for you! Beets are more like an energy food or fuel for the body. It gives a great source of minerals as they are rich in calcium, phosphorous, iron as well as magnesium. Beets also have dietary fiber in it. It also contains noticeable amounts of niacin, Vitamin C as well as Vitamin A. Even if you aren't a huge beet fan, give them a try. You'd be surprised how neutral in flavor, yet delightfully savory they are.

Adding more of a variety, Roasted vegetable chips made of parsnips, sweet potatoes, beetroots, carrots, and turnips are crispy and salty like potato chips, but made from vegetables and is a good way to get certain nutritional benefits while eating healthy before during and after Thanksgiving.