



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Anti-Aging Asparagus Soup

This soup makes an excellent meal all on its own, thanks to healthy fats from coconut milk, protein from healing collagen power, and phytonutrients from asparagus, leeks, and garlic. Those benefits also make it a great way to fight the aging process and support a resilient body. It's creamy and filling with just the right amount of spice from fresh ginger and smoked paprika, though you can use less of these ingredients if you prefer.

2 bunches asparagus

¼ c. pepitas

3 Tbsp. plus 1 tsp avocado oil

1 medium white onion, finely diced

2 Tbsp. micro-grated peeled fresh ginger

3 ½ large leeks, chopped

3 Tbsp. coconut aminos

4 cups (32 ounces) vegetable broth

1 tsp. smoked paprika

1 tsp. garlic powder

½ tsp sea salt

Grated zest of 1 lemon

1 cup full-fat unsweetened coconut milk

4 scoops (about ½ c.) collagen power (optional)

Freshly ground black pepper

Cut 4 of the asparagus spears into thirds and set aside for garnish. Roughly chop the remaining spears.

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Heat a medium sauté pan over medium-high heat. Add the pepitas and continuously stir and shake until the seeds are fragrant and toasted, about 5 minutes. Remove from heat and set aside.

Heat the 3 tablespoons of avocado oil in a large pot over medium, heat until shimmering. Add the onion and sauté for 5 minutes. Add the ginger, leeks, and coconut aminos, stir well, and cook down for 5 minutes. Add the copped asparagus, broth, paprika, garlic power, and salt and bring the mixture to a boil over medium heat. Reduce the heat and add the lemon zest and coconut milk.

Remove soup from the heat and allow to cool for several minutes. Pout into a blender, add the collagen powder (if using) and blend until smooth.

Heat the remaining 1 teaspoon avocado oil in a small sauté pan over medium-high heat until shimmering. Add the reserved asparagus spears and lightly sauté until tender, about 3 minutes.

To serve, divide the soup among four bowl and sauteed asparagus in the center of each bowl. Sprinkle with pepitas and freshly ground pepper.

Serves 4, ~ 12 ounces

Recipe credit to Dr Mark Hyman, Pegan Diet Cookbook

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