

Creamy Papaya Soup

Ingredients:

- 1 papaya, peeled and seeded (**make sure to wait until the papaya is ripe, it will turn yellow/orange all over**).
- 1 can coconut milk
- Salt to taste
- 1 tsp curry powder
- ½ tsp cumin powder
- 1 corn on the cob, kernels cut off
- 1 cucumber, peeled, seeded, and cut into small cubes
- 1 Tbs chopped cilantro
- 1 Tbs chopped red basil

Place all the ingredients into a blender except the corn, cucumber, red basil, and cilantro. It should be the consistency of a creamy squash soup, add a little water if necessary. Pour into small soup bowls, should be enough for 3 servings. Garnish with a Tbs of cubed cucumber, corn kernels and a pinch of each the cilantro and red basil. Serve at room temperature or chilled.

The papaya is an amazingly rich source of the proteolytic enzymes. These are the chemicals that enable the digestion of protein. Papain, which is the most important of these enzymes in the papaya, is extracted and dried as a powder for use to aid the digestion. Papayas are loaded with antioxidants and vitamins. The seeds are also very beneficial so you can include them in the soup if you like but they are a bit bitter.