Summer sweet corn and coconut soup

**Ingredients:**

- 4 ears of corn (shucked)
- 1 small yellow onion diced
- 1 clove of garlic
- 2 tablespoons olive oil
- 2 cups vegetable broth or stock
- 1 can coconut milk
- *2 tablespoons cornstarch
- Salt and pepper to taste

**Instructions:**

Sautee diced onion, minced garlic and corn in olive oil until tender
Add vegetable stock and simmer for 10 minutes
Finish with coconut milk, salt and pepper and puree smooth

*if you desire a thicker soup, mix 2 tablespoons of cornstarch with 2 tablespoons of cold water and pour in to the hot soup. It will thicken the soup
Chickpea, Corn, and Red Pepper Salad with Vegan Ranch

**Ingredients:**

- 4 ears of corn shucked
- 1 (15-ounce) can of chickpeas, rinsed and drained (save the liquid for the dressing)
- 2 red bell peppers, diced (about 2 cups)
- 2 tablespoons minced green onions
- 1/4 teaspoon cayenne pepper
- 2 tablespoons honey
- Zest and juice from 2 limes
- 1/2 cup chopped fresh cilantro leaves
- 2 avocados, chopped
- Salt and pepper to taste

**Instructions:**

- Cut the corn from the cob into a large mixing bowl
- Add remaining ingredients and chill
- Toss with ranch and serve
Vegan Ranch

Ingredients:

1/4 cup aquafaba (liquid from a can of chickpeas or white beans)  
1 tablespoon Dijon mustard  
2 tablespoons apple cider vinegar  
1 garlic clove, chopped  
1/2 cup vegetable oil  
2 teaspoons lemon juice  
1/2 cup fresh herbs such as dill, parsley, green onion or chives  
Kosher salt and freshly ground black pepper, to taste

Instructions:

Add aquafaba to your blender and blend on low speed  
Add Dijon, apple cider, and raw garlic  
Gradually stream in oil through the top with a blender on low speed  
Finish with salt and pepper, lemon juice and fresh herbs