Ingredients

- 1 Tbsp canola oil
- 2 small yellow onions, sliced into strips
- 1 cup apple juice
- 3 cups chicken stock
- 1/2 cup half and half
- 2 apples, peeled and cut in chunks
- 1 lb sweet potatoes, peeled and cut in chunks
- 1/4 tsp cinnamon
- Pinch nutmeg, to taste
- Salt to taste

Instructions

- Over medium heat, add canola oil and onions to a large soup pot. Cook onions until they turn a deep caramel color, about 15-20 minutes.
- Add apple juice to browned onions and, using a spoon, scrape all the flavor off the bottom of the pan.
- Add remaining ingredients. Bring to a simmer and let it cook until potatoes are tender, about 20-25 minutes.
- Remove from heat and strain over a large bowl, saving soup liquid. Puree softened potato mixture in a blender or food processor, until ingredients get smooth.
- When potato mixture is smooth, stir it back into the remaining soup liquid.

**Sweet potatoes and apples are complex "carbohydrate carbohydrates". This means that they break down slowly in the body, helping us to feel satisfied for longer and resulting in a slower rise in blood sugars. Slow is good when it comes to blood sugar control! Sweet potatoes also contain beta carotene, a strong antioxidant that helps protect the body against stress.**