

# Seafood Chowder

Yields 4

## INGREDIENTS

- 2 Scoops Collagen Powder
- 1 medium onion, chopped
- 1 cups cubed peeled potatoes
- 1 can Coconut Milk
- 1 cup cream
- 1/2 cup butter
- 1/2 cup flour
- 1 pound fresh or frozen mixed seafood (shrimp, scallops, calamari etc.)
- 1/4 pound Sockeye Salmon filet chopped
- 2 bay leaves
- 1/4 teaspoon dried thyme
- 4 cloves of garlic, minced
- Salt and pepper to taste
- Pinch of parsley to garnish

## INSTRUCTIONS

1. Place butter, coconut milk, cream, potatoes, onions, seafood, bay leaves, garlic, thyme in a pot over a medium flame.
2. Sift flour in while mixing regular until you reach preferred consistency.
3. After the potatoes are cooked through take out bay leaves and salt and pepper.
4. Garnish with Parsley
5. Serve warm

