

Alkalising Raw Soup

Serves 2

This is definitely a highly energising soup and is a big favourite while on a cleanse or detox. Contains avocado which is high in EFAs and cucumber which is well known for its cleansing properties. The taste of this soup can be dramatically altered by the use of the herbs and spices mentioned or by alternating between lemon and lime.

1 avocado
2 spring onions
1/2 red or green pepper
1 cucumber
2 handfuls of spinach
1/2 clove of garlic
Bragg Liquid Aminos to taste
100ml of light vegetable Bouillon (yeast free)
Juice of 1 lemon or lime
Optional: coriander, parsley, cumin.

Blend the avocado and stock to form a light paste, then add the other ingredients and blend.