

Herbal Legacy Recipes

Raw Carrot and Avocado Soup

Serves 2-4

From Dr. Ben Kim's article Two Foods for a Strong Immune System and Optimal Vision

INGREDIENTS:

- 2 cups fresh carrot juice
- 1 avocado, pit removed, and cut into large chunks
- 1 teaspoon minced fresh ginger
- 3/4 cup fresh loose cilantro or parsley
- 2 green onions, finely sliced
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon naturally brewed soy sauce or nama shoyu
- Sea salt, to taste



DIRECTIONS:

1. Blend carrot juice, avocado, and ginger at a medium speed until smooth.
2. Add cilantro or parsley leaves (not stems), extra-virgin olive oil, and soy sauce, and pulse at medium speed until well blended but with bits of cilantro and parsley still visible.
3. Season with sea salt, to taste.
4. Serve chilled, and sprinkle green onion slices on top just before serving.

Enjoy this all-raw, delicious and nutritious carrot and avocado soup; eating this soup a few times per week can greatly benefit your immune system, eyes, and overall health.

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