

## Creamy Tortilla Soup-raw

1 tomato  
1/4 bell pepper  
3 carrots  
1 C. corn  
1 avocado  
1-2 **garlic** cloves chopped  
3 C. almond milk  
3 T. nutritional yeast  
1/4 t. cumin  
dash of chili powder  
dash of cayenne  
1/2 t. salt or to taste



Add all ingredients in a blender. Be sure to pre chop your garlic to let the allicin develop. Then pour into bowls and top with your favorite toppings. Enjoy warm or cold. Serves 2-4 people.

Toppings you can add; chopped cilantro, chopped peppers, chopped tomatoes, pumpkin seeds, corn, or whatever suites you.

Recipe by Kelly Pomeroy