

# Raw Creamy Greens Soup

½ cucumber  
2 cloves of garlic  
1 single stalk of celery  
½ avocado  
1 small jalapeno  
2 large handfuls of spinach  
2 ½ C. almond or coconut milk  
7-8 fresh basil leaves or 1 T. dried basil  
1 tsp. Salt

Toppings: A pinch of cayenne pepper, fennel, sunflower seeds and a sprig of basil. (optional)

Put all the ingredients, minus the toppings, into a high-speed blender. Blend until smooth and if desired, blend until the ingredients get warmed. This recipe makes 6 cups of soup and is delicious on its own or served with sprouted bread toast or raw crackers. The flavor is refreshing, creamy, and has a little spice.

Recipe by Kelly Pomeroy