

Sherry's Alkaline Raw Spinach Soup

-Make in just seconds in a 1500 watt Hi Speed Blender (Use all Organic ingredients whenever possible)

1 – 1 ¼ cup water

1 Avocado – (Use the entire Avocado pit in (1500 watt blender's only) for the healing Phytochemicals)

1 cup fresh Organic Spinach

2 Cucumbers – unwaxed - Chop into 4ths

½ cube Vegetable Bouillon – (I prefer Rapunzel Vegan Vegt Bouillon)

2 Green Onions

1 clove Garlic

1/3 Red Bell Pepper

1 Tsp. Middle Eastern Spice Garam Masala & ½ Tsp. Curry Powder

Fresh Lime Juice – about 1 Tablespoon

2 entire stalks Fresh Mint

Place all ingredients into a 1500 watt High Speed Blender. Pulse until everything is chopped and moving freely. Then blend at highest speed (Soup setting) for 50 seconds and again for warming it up even more. The longer you blend the warmer it gets. If you warm on a stovetop, do not heat above 118 degrees, which will keep the food raw, but warm and not cooked. Note: This soup can be served warmed or chilled. Must be eaten immediately for maximum raw/alive nutritional value. Serves 4 small or 2 large servings.

Makes approx. 1 Quart

