

Raw Recipe – Avocado and Carrot Soup

Ingredients:

- 5 avocados
- 8 carrots, coarsely chopped
- 1 inch fresh ginger, chopped
- 3 cups water, more if needed
- juice of two lemons
- ¼ tsp cayenne
- salt and pepper
- optional: 1 tsp curry powder

Directions:

You may have to do this in two batches. Process in a Vitamix or similar high power blender until creamy. Taste for additional seasoning.