

Raw Recipe – Butternut Smooth Soup

Ingredients:

- 1 butternut squash, peeled, seeded, sliced
- 1 yellow bell pepper
- 4 stalks celery
- 1 red onion
- 1 tsp curry
- ½ cup raw nut butter
- ½ tsp nutmeg
- Braggs Aminos or wheat-free tamari to taste
- ¼ cup pure water

Directions:

Blend all ingredients and add enough pure water to create desired consistency. For decoration, float edible flowers on top.

Makes 4 servings