

## **Fiery Lava Soup**

Yield: approximately 3 cups

### **Ingredients:**

1 ½ cups fresh carrot juice  
1 Tablespoon mint leaves  
1 teaspoon minced jalapeno  
1 teaspoon minced ginger  
2 teaspoons minced garlic  
½ cup avocado  
2 teaspoons olive oil  
1 tablespoons Tamari  
1 tablespoon basil leaves, chiffonade  
An ounce of LOVE

For Garnish:

2 tablespoons avocado, diced  
2 teaspoons fresh mint leaves, chopped  
2 teaspoons diced red bell pepper  
2 teaspoons scallions, chopped

### **Directions:**

Blend soup ingredients for 30-45 seconds, until creamy.

Divide Soup into serving bowl, garnish with avocado, mint, bell peppers and scallions.

Serve immediately.