

Spinach Cucumber Soup

Yield: 5-6 cups

Ingredients:

4 - 5 cups spinach leaves
1 cup cucumber juice (see notes)
1 cup Almond Milk (see notes)
3 Tablespoons lemon juice
1 apple (rough chopped)
1 medium zucchini (rough chopped)
1 teaspoon Himalayan salt
¼ teaspoon cayenne
Dash of nutmeg

Directions:

In a high-speed blender place all ingredients (liquid first) with ½ of the spinach leaves. Blend until smooth then add the remaining spinach leaves.

Notes:

- This recipe can be varied in many ways - add chopped red peppers or garlic, 1 cup cashews soaked in 1 cup water could be added (instead of Almond Milk) to make it creamier. Avocado could also be used to replace the almond milk or cashew mixture.
- Almond Milk - when initially making almond milk, remember not to add vanilla, cinnamon or dates to sweeten it (like you might do for a breakfast milk). This is a soup base so it should not be sweetened.
- I heat this soup a little on the stove. You can use a thermometer to keep the heat below 118* so it will still be raw, or just stick your finger in it as it warms up. You'll know when it's getting above a comfortable temperature.

Ideas for Garnish:

Small diced red peppers,
Small diced green onions
Seasoned seeds