

Generic Recipe for Chowder

Raw Family by Sergei, Victoria, Igor and Valya Boutenko

Blend 1 cup coconut with 1 cup water for 1 minute in vita-mix or 2 minutes in regular blender. Add 1 cup cashews and blend for another 1/2 minute

ADD THE FOLLOWING AND BLEND WELL –

**1 cup water
1/2 cup extra virgin cold pressed olive oil
1 teaspoon honey
1 cup chopped celery
Hot peppers to taste
2-5 cloves garlic**



Now you have plain chowder.

PICK THE FLAVOR –

For clam chowder taste, add: dulse flakes

For broccoli: chopped broccoli

For mushroom: your favorite mushrooms, dried or fresh

For tomato: chopped tomato

For carrots: grated carrots

For corn: cut corn off the cob or use frozen corn

For pea: fresh or frozen peas

YOUR OWN CREATION...

Sprinkle with dry parsley flakes before serving.

Note - This soup will become warm because of much blending. It's OK, because it's still raw. (Just don't let it become hot!) Warm soups are comforting in the cold wintertime, Serves 5.