

Spinach & Herb Soup

I make this almost daily. Yes, it's that good - and filling too!

Serves 4-6

Ingredients:

3 C of fresh raw spinach
1 C frozen sweet green peas
2 1/2-3 C almond milk
1 kiwi, peeled
2 celery stalks
1/2 C cilantro
4 basil leaves
2 green onions
juice of 1 lime
1/2 t sea salt (or to taste)



Preparation:

Place all ingredients in a Vitamix or high-powered blender and process until smooth. This should be eaten the same day it is made as it tends to lose flavor after the first 24 hours.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>