

Spinach Soup (Raw)

1 cup baby spinach and/or mixed greens (first time you try it make it with the spinach before you get adventurous)

½ cup soaked raw sunflower seeds soaked overnight (can use raw unsoaked but soaking starts the germination process which makes it a living food full of enzymes)

1 avocado (I usually use ½)

1 to as many garlic cloves as you like

1 small piece of celery top with greens, tender inside part

1 medium tart apple (I use Granny Smith)

1.5 cups of water (more or less to desired consistency, I use warm water for a warm soup)

1 tbs Lemon Juice or to taste (instead I use half a whole lemon peeled)

¼ tsp cayenne pepper (more or less to taste)

¼ tsp herb blend of choice or something like herbamore (Vogel product - herb mixture)

Place all your ingredients in your blender (I use my vitamix which is a very high speed blender and the consistency ends up being like cream within 30 seconds) with the garlic and avocado on the bottom. Start with lesser amount of water and add more as needed for desired consistency. Blend until well blended. Serve at once. Does not store. Can add salt to taste but I like it without.