

Chilled Asparagus & Basil Soup

Ingredients:

- 2 bunches of asparagus
- 1 clove garlic
- 1 cup raw coconut milk
- 3 tbsp coconut flour
- 1 tbsp tamari
- sea salt, black pepper, and cayenne pepper to taste
- handful of fresh basil – Genovese variety, preferably

Directions:

In a high speed blender (recommended for this recipe!), combine all ingredients except basil.

Blend on high for about 2-3 minutes until smooth. Once smooth, toss in basil.

Using the variable speed, set blend on medium low and blend for about 20-30 seconds (leaving a bit of texture to the basil). Garnish with lemon zest, basil and a dash of cayenne.