

Garden Vegetable Soup

Ideally you want it to be **red** in colour of **green** depending on what you have available

- 1. Watery vegetables** – tomatoes x 1, zucchini x 1, celery x 2 7 big handful of greens – spinach, lettuce etc
- 2. Water** – less of more depending on thickness
- 3. Citrus juice**
- 4. Pungent seasoning** – garlic, chilli, some onion, herbs etc
- 5. Salty seasoning** – sea salt, miso, kelp etc
- 6. Some sort of fat** – avocado, nuts, seeds or oil

Blend everything first except the avocado

Add the avocado add give it a good whiz & serve.