

Tomato & Basil Soup

Ingredients:

- 3 cups tomato puree (6-8 medium tomatoes, see note)
- ¼ lemon, peeled and seeded
- 1 avocado
- large handful of sunflower or buckwheat sprouts
- 2 tbsp chopped fresh basil
- 1 tbsp chopped onion (optional)
- 1 small clove garlic, chopped (optional)
- additional sprouts
- Basil flowers

Directions:

To make the tomato puree: In a blender, break up the chopped tomatoes until you have a 3-cup yield. The tomato puree should be chunky, not silky smooth.

In a blender combine the tomato puree, lemon, avocado, sprouts, basil, onion and garlic. Blend and pour into serving bowls. Top the soup with sprouts and basil flowers. Serves two.