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Creamy Raw Carrot Ginger Soup

Serves 4

Ingredients:

3 cups carrot juice
1 small avocado
1/3 cup coconut meat (or rehydrate 1/4 cup unsweetened coconut in 1/4 cup coconut milk or warm water)
1/4 cup lime juice
2 TBSP agave nectar or maple syrup
1 TBSP fresh ginger, minced
1/4 tsp cayenne
1/4 tsp sea salt
2 TBSP avocado-lime oil or zest of 1 lime plus 2 TBSP olive oil
sprigs of cilantro for garnish (optional)

Preparation:

1. In a high speed blender, puree all the ingredients until completely smooth. Taste for seasoning.
2. Chill for a few hours, or gently warm the soup over very low heat, stirring it continuously for a few minutes until just warmed through -NOT HOT. Divide among serving bowls. Garnish with a drizzle of avocado-lime oil and a few cilantro leaves in the middle and serve immediately.



Food Fairy Note: This soup is meant to be eaten raw.

From Raw Food-Real World
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