

RECIPE: ENERGY SOUP

FRUITS

Avocado (ripe), 1

Lemon, 1/2

NUTS, SEEDS & DRIED FRUITS

Almonds (soaked), 1.7 oz

SPICES & SEASONINGS

Sea salt, 0.22 oz (or 1 handful of Fresh dulse or seaweed)

Cayenne pepper, 1 pinch (or astragalus)

Cumin, 0.07 oz (or Indian spice)

Turmeric, 1 pinch

VEGETABLES

Garlic clove, 1-2

Ginger root, 1/4 inch piece

Tomato (ripe), 1

Fresh cilantro, 0.29 oz. (one bunch)